

Bavarian News

Vol. 6, Nr. 18

U.S. Army Garrisons Grafenwoehr, Hohenfels, Ansbach, Schweinfurt and Garmisch

September 29, 2010

SCHWEINFURT

Healing waters
Five Wounded
Warriors face the
deep blue to earn
diving certificates

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Artists remember 9/11
Paintings, poetry,
photography and
music bring to life
and commemorate
the tragic events of
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Winning the Bronze
Selfless acts of
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the fourth highest
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GARMISCH

Viva la fiesta!
An after-hours fiesta
draws hundreds to
the Hispanic Heritage
Celebration

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Holiday shouts

The Holiday Greetings team is once again coming to your local PXs. They will be at USAG Grafenwoehr, Oct. 2, from noon-5 p.m., and Rose Barracks, Oct. 4, from 11 a.m.-5 p.m. See pages 10-11.

Soldier Summit

Single Soldiers meet to discuss quality of life issues they face at USAG Grafenwoehr and share those issues with garrison commander. See page 8.

Retiree Day

Military retirees are invited to USAG Grafenwoehr's Retiree Appreciation Day, Oct. 22, from 7:30 a.m.-3 p.m. See page 10.

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Photo by Maj. Joseph P. Buccino

A 3rd Battalion, 66th Armor Regiment infantry platoon tactically dismounts from a Bradley Fighting Vehicle during a six-week training exercise at U.S. Army Garrison Grafenwoehr, Sept. 18.

3-66th trains for new threats

by Maj. Joseph P. Buccino
172nd Infantry Brigade Public Affairs

After four years of repeated deployments to fight the Iraqi insurgency, Soldiers and leaders of the 172nd Separate Infantry Brigade's 3rd Battalion, 66th Armor Regiment, have spent the last six weeks in Grafenwoehr training for a full-spectrum fight against a multifaceted enemy with the capability to use both conventional and unconventional tactics.

The task force has used this training opportunity, offered by a longer dwell time between deployments, to exercise all their battlefield systems, from conventional tank-on-tank engagements to dismounted infantry patrols.

The task force used the Multiple Integrated Laser Engagement System, or MILES gear, along with the headquarters company Soldiers playing oppositional forces, or OPFOR, in order to simulate combat conditions.

“We'll show you something shiny in the front, and then, when you're distracted, hit you in the back or the side.”

Staff Sgt. Eric Swinehart

Training Evaluator, 3rd Battalion, 66th Armor Regiment

The training, which ended in late September, was an opportunity for the organization to build cohesion under the 172nd “team of teams” concept while developing the critical skills required for the Soldiers to fight any fight, not just yesterday's war.

“This is awesome training, the best I have had in the Army so far,” Pvt. Michael Robinson, headquarters, 3-66th Armor Regt. said.

Robinson, who got to play the role of the bad guy against the 3-66th Armor Regt. platoons said that the biggest les-



Photo by Spc. Robert J. Holland

A 3-66th Armor Regt. tank crew clears a mock town of enemies during a training exercise at USAG Grafenwoehr, Sept. 17. Soldiers of the 172nd Separate Infantry Brigade's 3rd Battalion, 66th Armor Regiment, have spent the last six weeks training for a full-spectrum fight against a multifaceted enemy with the capability to use both conventional and unconventional tactics.

son learned from the platoon-level training is the need for situational awareness and 360-degree security at all times.

“As OPFOR against the infantry and tank platoons, we try to lure them in from the front with a clear objective, then hit them from the sides and rear,” said Robinson.

Through repetition and after-action reviews, the platoons have improved during every iteration, according to Robinson.

Staff Sgt. Eric Swinehart, headquarters, 3-66th Armor Regt., who served See 3-66TH, page 21

Defender 6 sends

Lynch puts energy front and center

In the past, energy has been a side conversation for the Army. It tended to be an area of concern for some experts and specialists, but for a lot of us, whether Soldiers and civilians in the workplace or family members in the community, we did not give it much thought. Maybe we paid attention to the public service announcements reminding us to turn off lights, but that was about it.

However, with changing security concerns and increased demands on finite financial and natural resources, energy has become an issue we all have to pay attention to. We must proactively address today's energy challenges for the sake of ourselves, our mission and our nation as well as for future generations. So I intend to keep the dialogue focused on what we in the Installation Management Community must do, can do and are doing to increase the Army's energy efficiency and security.

The Army depends on a reliable, safe, cost-effective supply of energy to accomplish its mission, as well as provide a good quality of life for Soldiers, civilians and families on installations worldwide. To the extent that the supply and distribution of energy lay outside the Army's control, the ability to accomplish our mission is open to risk.

See ENERGY, page 2

Giunta to get Medal of Honor

by U.S. Army Europe
Public Affairs
News Release

HEIDELBERG, Germany — The White House announced Sept. 10 that Staff Sgt. Salvatore Giunta of the 173rd Airborne Brigade Combat Team will receive the Medal of Honor for his actions in an ambush in Afghanistan's Korengal Valley in 2007.

“We are extremely proud of this courageous and humble Soldier,” said Brig. Gen. Michael A. Ryan, deputy commanding general of V Corps. “He is a true role model for all of the Army team here in Europe.”

The 25-year-old sergeant from Cedar Rapids, Iowa, enlisted in November 2003 and has served his entire military career with the 173rd's Battle Company, 2nd Battalion, 503rd Infantry Regiment, a U.S. Army Europe unit in Vicenza, Italy.

Giunta's platoon was ambushed at close range by an enemy force on the evening of Oct.



Giunta

through enemy fire to help and recover wounded comrades.

The nomination documents for the award recommended Giunta be presented the Medal of Honor for his “selfless actions and personal courage, which were decisive factors in changing the tide of the battle ... Despite bullets impacting on and around him, Spc. Giunta fearlessly advanced on the enemy and provided aid to his fallen comrades. His actions saved the lives of multiple paratroopers and changed the course of the battle in his platoon's favor.”

25, 2007.

During the firefight that followed, Giunta, then a specialist, organized his squad to repel the attack and repeatedly moved

Giunta is the first living American Soldier to receive the Medal of Honor since the Vietnam War, and the second Europe-based Soldier to earn America's highest award for valor in combat since the start of post-9/11 combat operations.

Spc. Ross McGinnis of 1st Armored Division's Schweinfurt, Germany-based C Company, 1st Battalion, 26th Infantry, was posthumously awarded the medal in 2008 for saving the lives of his fellow team members by throwing himself on an enemy grenade during a firefight in Baghdad in 2006.

The 173rd Airborne Brigade Combat Team (“Sky Soldiers”) is an airborne infantry brigade combat team based in Vicenza, Italy, with battalions in Vicenza, Italy, as well as Schweinfurt and Bamberg, Germany. As a subordinate unit of the U.S. Army Europe's V Corps, the 173rd trains for and conducts contingency operations to support EUCOM and other combatant commands.

Flu vaccines now in health clinics

by BMEDDAC
News Release

FDA-approved influenza vaccines have arrived at Army health clinics in Bavaria. The vaccines include injectable Fluzone for beneficiaries 6 months and older and intranasal Flumist for beneficiaries between 2 and 49 years of age. The 2010-11 flu vaccine will protect against the 2009 H1N1 flu strain and two other flu viruses.

“One of the best ways to protect against seasonal influenza and its potential severe complications is to get a seasonal flu vaccine yearly,” said Lt. Col. Gwendolyn Davis, Bavaria Medical Department Activity chief of Preventive Medicine.

Beneficiaries can receive the flu vaccine at their

local Army health clinic. Clinic representatives will immunize students and staff at the schools on the following dates:

- Netzaberg Elementary School, Sept. 28-30
- Grafenwoehr Elementary School, Oct. 5-6
- Netzaberg Middle School, Oct. 12-14
- Vilseck Elementary School, Oct. 18-20
- Vilseck High School, Oct. 25-27.

Additionally, the Vilseck Health Clinic will take walk-ins from Oct. 18-22 and Oct. 25-29. Hours are Monday-Thursday, from 8 a.m.-4 p.m., and Friday from 8 a.m.-noon.

Military personnel must receive the flu vaccine by Dec. 1. For more information, contact your local health clinic.

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Soldiers from 2SCR give their Afghan counterparts behind-the-wheel lessons

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With boats and lakes galore, this area is a water enthusiast's dream

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Lighting up Red Square

The U.S. Army Europe Band and Chorus make history in Moscow

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Bavarian News

**Commander, U.S. Army
Garrison Grafenwoehr**
Col. Vann Smiley

Public Affairs Officer
Kim Gillespie
kim.c.gillespie@eur.army.mil
DSN 475-8103, CIV 09641-83-8103

Managing Editor
Jeremy S. Buddemeier
jeremy.buddemeier@eur.army.mil
DSN 475-7113, CIV 09641-83-7113

Grafenwoehr Correspondents
Molly Hayden
molly.hayden@eur.army.mil
DSN 475-8886, CIV 09641-83-8886

Trecia A. Wilson
trecia.wilson@eur.army.mil
DSN 475-7775, CIV 09641-83-7775

Garmisch Correspondent
John Reese
william.john.reese@eur.army.mil
DSN 440-3701, CIV 08821-750-3701

Schweinfurt Correspondents
Eva Bergmann, Nathan Van Schaik
and Jasmine Morales
eva.nina.bergmann@eur.army.mil
nathan.vanschaik@eur.army.mil
jasmine.morales@eur.army.mil
DSN 354-1400, CIV 09721-96-1400

Hohenfels Correspondent
Kristin Bradley
kristin.bradley@eur.army.mil
DSN 466-4917, CIV 09472-83-4917

Ansbach Correspondent
Ronald Toland
ron.toland@eur.army.mil
DSN 468-1600, CIV 09811-83-1600

Advertising: Retail advertising
and classifieds, www.milcom.de,
e-mail: ads@milcom.de.
Address: U.S. Army Garrison
Grafenwoehr Public Affairs
Attn: Bavarian News
Unit 28130, APO AE 09114

We want to hear from you!
The *Bavarian News* welcomes articles from Army organizations and announcements from the general public about events of interest to the military community.

If you have newsworthy ideas or stories you'd like to submit, coordinate with the managing editor at 475-7113, or e-mail jeremy.buddemeier@eur.army.mil. The final decision on whether content will run rests with the managing editor. The editorial deadline for articles and announcements is noon on Tuesday, the week prior to the publication date. Publication dates can be found at www.milcom.de.

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Water Tower art by Denise Gray

Continued from page 1

In January 2009, the Army issued guidance for increasing energy security, the Army Energy Security Implementation Strategy. The Installation Management Campaign Plan, the strategic document directing our actions, includes a section focused on energy efficiency and security; this section, Line of Effort (LOE) 6, was developed in support of the Army energy guidance. The keys to success for LOE 6 focus on reducing energy and water consumption, increasing energy and water efficiency, modernizing infrastructure and developing renewable and alternative energy supplies.

Since version 1 of the Campaign Plan was released in March, we have continued to work on LOE 6, in particular refining the keys to success and developing meaningful metrics to measure our progress. Version 2 of the Campaign Plan will be released in October, which is national Energy Awareness Month. I did not plan for the two events to coincide, but it is fitting. The revised LOE 6 will show us the way ahead for achieving the energy security and efficiency that is a critical part of achieving and maintaining installation readiness.

While the Campaign Plan is the driving force in changing how we do business, the Installation Management Energy Portfolio is our toolbox. This document, which is also being revised for release in October, describes Army programs and initiatives that help installations realize their energy goals. One example is metering. Residential



meter data, occupants have steadily reduced their energy consumption so that 80 percent now receive money back for using less than the baseline each month.

Other programs and initiatives include efforts to improve the Army's energy grid security and management, to track and offset utility costs, and to require that new military construction and renovation meet rigorous energy efficiency standards.

I have always said that vision without resources is hallucination, so the Energy Portfolio also lists a number of resource opportunities. These include Army and private programs, contracts and other vehicles through which installations can partner with private industry to gain expertise and resources to create innovative energy programs.

Finally, the Energy Portfolio highlights several projects in which installations are making creative use of all these resources to save and produce energy. These projects include a 12-acre solar power array at Fort Carson, Colo.; a vegetative roof project at Tobyhanna Army Depot in Pennsylvania,

Communities Initiative housing on 45 Army installations are metered to measure whether the occupants of each unit are using above or below the energy usage baseline every month.

a methane gas project at Fort Knox, Ky.; the first wind turbine on an active Army installation at Tooele Army Depot in Utah; and solar walls at Fort Drum, N.Y. The revised Energy Portfolio will expand on this last section in particular, to provide ideas and inspiration to other members of the Installation Management Community.

In addition to Version 2 of the Campaign Plan and the revised Energy Portfolio, in October I will also publish an energy operations order, to direct specific actions that raise the overall level of effort within the Installation Management Community.

When we look at the energy projects around our installations, we can see the Installation Management Community has made a solid start in addressing energy issues. However, when we consider those issues, we can also see how far we still have to go.

Last year, we spent \$1.3 billion for the installation utility bill, which includes electricity, steam, water and natural gas. The Army spent \$4 billion for fuel and utilities. That is a large price tag for resources we do not control and that will run out eventually.

I am looking for people who are passionate about energy issues and committed to finding innovative ways to solve the challenges. One key person is the garrison energy manager. Every garrison needs a full-time energy manager, or more than one, depending on the size of the installation, who can help leadership build a robust energy program. And every garrison needs leadership to back a robust energy

plan. Leadership has to communicate that every Soldier, civilian employee and family member on the installation is responsible for doing his or her part.

Occasionally, someone who is less-than-committed to energy efficiency says to me, in effect, "Hey, quit going on about turning off the lights." Here is an idea: turn off the lights and I will quit talking about it. When we have achieved the energy efficiencies that are possible — when we have found ways to avoid energy costs and reduced unavoidable costs and limited our use of nonrenewable resources — then we can talk about other issues, such as which Soldier and family programs to apply the savings to.

Focusing on our energy programs is truly non-negotiable. We have to look to our programs to generate savings that will help with the Army's part of the \$23 billion in efficiencies that the secretary of defense is requiring from all the services. We have to look to them to more securely position us to accomplish our missions, to provide an even better quality of life for Soldiers and families, and to help address some critical environmental issues, so that we do not pass them on to our children and their children.

For all of these reasons, it is the right thing to do to get our energy programs right.

*Lt. Gen. Rick Lynch
Commander, Installation
Management Command*

Commander's Message



CFC-O makes giving back easy

"Make a World of Difference." That's the theme of this year's Combined Federal Campaign — Overseas, which we officially kicked off, Sept. 24, following our monthly Community Huddle. "Make a world of difference" is more than a theme for those of us stationed overseas. As a U.S. Soldier, family member or civilian, you have answered our nation's call to serve overseas in defense of the freedoms many Americans take for granted. Often in the line of duty, you see evidence of real need and understand the hardships endured around the globe.

CFC is a government-authorized fundraising campaign, but participation is voluntary. However, it is one of the easiest and most rewarding ways you can contribute to a charity. The sheer number of charities listed make it impossible not to find an organization that has some kind of personal connection to the life of every individual stationed here, and that's saying a lot when we have more than 25,000 Soldiers, family members and civilians right here in the Grafenwoehr area.

You may designate the organizations of your choice where indicated on your pledge form by entering the five-digit code and the amount you wish to pledge. By designating where your CFC contribution will go, you ensure that your donation goes to meet the needs that you feel are most important.

CFC-O does not have local overseas charities that participate in the campaign. However, we do have the opportunity to contribute to programs that will directly improve the experience of living abroad.



offer emergency assistance, support recreational activities and improve facilities for those who are far from home.

In addition, FSYP gifts enable us to offer free or reduced-cost special activity programs. From providing softballs for youth to funding language classes for spouses or buying art supplies for the local child development center, FSYP enhances the quality of life for those of us living in an overseas.

The community has a generous history with CFC-O and this year our goal is to reach \$200,000. Please contact our unit's key person, or go to CFC-O's website, www.cfcoverseas.org, where you can make an e-pledge online. This offers the same options, a one-time donation or recurring monthly or biweekly allotment from your payroll, as the traditional pledge card.

In addition to kicking-off CFC-O, September was also recognized by the Army as Suicide Prevention Month. Our suicide prevention efforts are not limited to just this month and the Grafenwoehr Military Community has personnel available 24/7 to contact and provide

Gifts to "Family Support and Youth Programs" charity designation help ease the transition for families and children making new lives in overseas military communities by funding programs that provide child care,

assistance and referrals. We did offer unique events as part of our suicide prevention program. FMWR hosted "Get Fit, Don't Quit" day with more than 200 participants that featured a suicide month awareness two-mile Walk/Run for Life; our chaplain offered special resiliency sermons, and we conducted and graduated our second Soldier 360° class. Our Soldier 360° course is something we are extremely proud of — it provides our Soldier-leaders with holistic tools to improve their personal well-being and the skills to share the information with their units (see the Soldier 360° article on page 1 of this edition).

As we leave September and enter October, please take the time to not only read about, but also participate in October's Energy Awareness Month campaign. Our garrison's Energy Tiger Team offers numerous tips that will allow each of us to help conserve energy (see the D6 article on page 1 and the Energy Awareness Month article on page 3). While you may think small efforts such as turning off your office lights at night don't matter, think again. When several thousand of us conserve energy on a continuous basis, we can significantly reduce our installation's energy bill.

Thanks for helping us take the Grafenwoehr Military Community to the next level of excellence.

*Col. Vann Smiley
Commander, U.S. Army
Garrison Grafenwoehr*

CSM Corner



Winterizing means prepping health, home

As the leaves fall and temperatures drop, it's obvious summer is gone. Although it's tempting to be like the grasshopper singing away the warm days, it is important to be more like the ant that spent its time gathering food for winter.

Now is the perfect time to winterize and get prepared for those cold winter days and nights. A few things that need to be winterized are homes, automobiles and health.

Yes, health is something that needs winterizing. A good way to prepare for a healthy winter is to begin increasing



health are:

Drink lots of water — Adults need 64

vitamin C intake, some up to 2,000 mg a day in small doses.

Bavaria clinics have begun offering flu shots, so get one soon, younger children and senior citizens especially.

Other ways to winterize one's

ounces of water per day to hydrate the body which helps flush toxins from the body.

Exercise — doctors say even low impact exercise can make a huge difference in keeping the immune system strong.

Avoid or counter stress — Stress impairs immune function. Find ways to eliminate stress through meditation, music, yoga and other moderate exercises.

Saunas — take a sauna when you can. Although researchers are unclear the exact reason this helps, studies have shown

See WINTER, page 21

A Soldier remembers that fateful day

by Staff Sgt. John Wollaston
2SCR Public Affairs

It's probably the single most defining moment in my life. To this day, nine years later, the guy with the terminal case of can't remember squat, remembers every little detail of what I was doing, thinking and saying, Tuesday, Sept. 11, 2001. And nine years down the road it does not get easier to remember what I was doing that morning or how those events have affected me.

It still seems like only yesterday that I saw nearly 3,000 men, women and children from all walks of life disappear live on television. I remember very clearly seeing the second plane hit the Trade Center towers. I remember the looks on the faces of the people in the barbershop where I was getting my hair into regulation for a possible deployment, their eyes darting between the images on the TV and me.

Nine years later, the emotions I felt that day are still with me just like they were that day, as I believe they are with most of America.

I think after 9/11 I had a clearer understanding of why people of my parent's generation to this day have such clear memories of where they were and what they were doing when Kennedy was assassinated. Or why my grandparent's generation remembers where they were when Pearl Harbor was attacked.

To me, 9/11 is day I officially grew up. As I said, it put things into perspective for me. It made me realize what and who was important in my life. And it showed me in very clear terms how easily those things that are precious to you can be taken in an instant.

The events that unfolded before my eyes that day are the reason I decided to leave the National Guard and return to active duty.

See SEPT. 11, page 6

Netzaberg Youth Center hosts geology exhibit

Story and photo by
Trecia A. Wilson
Staff Writer

Rocks, plus a large variety of other geological and paleontological finds, rolled into U.S. Army Garrison Grafenwoehr's Netzaberg Youth Center, Sept. 10, thanks to a generous contribution from several donors.

The donation, which was gathered mostly from Germany's Oberpfalz (Upper Palatinate) region, includes pieces that range in age from the last century to a few that are tens of millions years to several 100 million years. The combined donation will be inventoried and catalogued before it goes on display at the Netzaberg Youth Center for some exciting hands-on projects.

"The program is expected to start within the schools and CDCs, where the children are already in learning mode, and then, as their interest grows there will be more hands-on projects like going out into the field for rock collecting and studying," said Anita Payne-Landgraf, chief of Child, Youth and School Services at USAG Grafenwoehr. She said the exhibit is expected to remain at Netzaburg for two years.

The CDCs and school-age programs are currently incorporating the dinosaur/fossil theme into all areas of the preschool curriculum including art, music, drama, blocks and manipulatives, outdoor activities, language, science and math.

"Young children learn best through hands-on activities," said Payne-Landgraf, "so in addition to



Helmut Zapf, retired geologist, teaches Jan VanEssen, USAG Grafenwoehr CYSS Instructional Program specialist (SKIES director), a little about one of many fossils being donated to the Netzaberg Youth Center, Sept. 10. Zapf, Dieter Freitag and others pooled resources and skills to donate a comprehensive exhibit and hands-on geology lab to the center. The exhibit will remain at the Netzaberg Youth Center for the next two years.

visiting the exhibit, they'll experience making their own fossils, digging for dinosaur bones in sand, hearing and acting out stories about the Ice Age and lots of other creative activities."

The exhibit was made possible by several donors, especially Helmut Zapf and Dieter Freitag.

Zapf, a retired geologist who worked for the Regional Government of Upper Franconia, was a key bene-

factor of the exhibit. He is credited with having found a 2,000-year-old Celtic fossil in Netzaberg during excavation for the current housing development.

Freitag, a graduate of the University of Erlangen, is a Geological Survey Support coordinator at the Grafenwoehr Training Area, and works at the GeoArchive in northeast Bavaria.

As a self-professed "rock nut," Freitag said he spends more time looking at rocks and strata than he spends talking to people, but that doesn't stop him from talking when given the opportunity to discuss geology.

"I wanted to reintroduce science to kids here and get them interested in rocks. Right now is the time to get them interested and excited about geology. There is a huge world of knowledge for them to discover out there in their own backyard," Freitag said.

Freitag said Grafenwoehr and Upper Franconia are a geologist's heaven. The area used to be a tropical zone and contains a wealth of fossils. He said remains have even been found from the Bohemian Mountains, which are about 400 meters high.

In addition to being rich in lead and silver, Freitag said Bavaria also has the largest deposit of iron ore in Germany — nearly 300 million tons — but it remains unused because of the exorbitant cost to extract it.

Students won't be the only ones to benefit from the exhibit.

"This program won't end here or with the schools," said Audre Binder, director of Family, Morale, Welfare and Recreation. "CYSS and FMWR as a whole are involved. It is a community partnership between the youth center, the schools, the library, and, of course, Dieter Freitag."

"Our goal is to get the children excited about geology through the hands on teaching lab, then get them involved physically in the field,"

said Binder. "Through Outdoor Recreation, we can facilitate field trips for the students to museum sites and geo-cache sites and as interest grows we hope to offer family trips of the same nature."

In addition to getting children and the community interested in geology, the exhibit's planners hope it will have a greater overall impact.

"We are still trying to figure how to introduce this project to the kids so they can be involved on their own," said Eric Bergmanis, a geology professor at Grafenwoehr's University of Maryland University College. Bergmanis assisted with determining the substance of the display. "Bavaria has a host of museum sites for people to visit and study and we hope that this exhibit will help spark an interest in these kids for the science of geology."

Though the exhibit is not on full display yet, cases are being built to house the fossils and before that's completed the hands-on projects will already be in full swing. In addition to the exhibit donation, Zapf, Freitag, Bergmanis and other volunteers are working with the youth center and FMWR to share this treasure with students of all ages.

Two additional contributors, Michael Mumford, currently working for Tank-Automotive and Armaments Command Life Cycle Management Command, in Chicago; and Walter Diener, a member of the Naturwissenschaftliche Gesellschaft Bayreuth (Natural Sciences Society of Bayreuth), could not attend the event.



Spc. Nicholas Davis sings a heartfelt version of Buble's "Home" during the Operation Rising Star competition at Grafenwoehr Performing Arts Center, Sept. 10. Davis won the event and is eligible to compete at the ORS Armywide finals in November.

Rising Star a launch pad to musical success

Story and photo by
Trecia A. Wilson
Staff Writer

The Army launched another one of its own, Spc. Nicholas Davis, toward musical stardom with the Operation Rising Star competition at the Grafenwoehr Performing Arts Center, Sept. 10.

"ORS was originally created to divine Soldiers' musical talents and increase the applicant pool for the Army's Soldier Show productions," said Joline Powell, director of the Grafenwoehr Performing Arts Center. "But it has grown to include family members, too. The excitement of this competition is contagious."

Davis, a preventive dentistry specialist at U.S. Army Dental Clinic Grafenwoehr, wowed the crowds and won first place with a soulful, heartfelt version of Michael Buble's "Home," a song that resonates strongly with Soldiers and their families with its lyrics of loneliness while far from home and loved ones.

"I have some friends in Afghanistan right now and I do get to hear from them from time to time. The one thing I hear the most is that home is missed," said Davis of his song choice. "Then in my own life, how I miss being on my grandma's back porch, after a big meal, laughing and talking with my family."

"My memories and my friends that are spread out everywhere are the driving force behind singing 'Home,'" said the Hamlet, N.C., native. "It's a reminder that home is where the heart is."

Davis first discovered his talent at the tender age of 13 in a country bar when he sang "You Shouldn't Kiss Me Like This," by Toby Keith, but hasn't done much public singing since.

"I've always wanted to sing on stage

in front of people but never had the courage," said the young dental specialist. "So after hearing that a competition was coming up, I told myself that, after 22 years of being nervous, it was about time I used what my mom calls my 'gift.'"

"That and I had many friends that pretty much left me with no other options," Davis said with a grin.

The friends Davis speaks of are his DENTAC co-workers and fans who, not only encouraged him to compete, but also came to the competition and blew the proverbial lid off the building with applause and cheering before, during and after his performance.

Since half the performance score is based on audience vote, similar to American Idol, a person could conceivably have a lower score with the judges and still win, so audience participation and votes is half the contestant's battle.

Davis won the first place prize of \$500 and is now in a larger pool which will be judged based on video footage taken during the local finals.

Judges will review the videos and 12 of the 33 local finalists will be chosen to compete in the 2010 Armywide finals. Military spouse Jesse Dye, won second place and Pfc. Kyle Woodward, 57th Signal Company, 2-28 Infantry Battalion, 172nd Infantry Brigade, took third.

Regimental Support Squadron, 2nd Stryker Cavalry Regiment, won the Spirit award (\$300) for the most supportive unit or family readiness group.

The announcement of the 12 finalists is scheduled for Oct. 20 and the finals will air on AFN between Nov. 6-21.

For more, visit the ORS website at www.armymwr.com/recreation/promotions/operation_rising_star.aspx.

Saving energy begins at local level

by **Aref M. Arianta**
*USAG Grafenwoehr
Directorate of Public Works*

Every year the month of October is globally recognized as Energy Awareness Month. This year's Energy Awareness Month theme, "Powering America; We're on Target," identifies the need to continue aiming at energy targets to lower operating expenses, reduce greenhouse gas emissions, and develop cost-effective and sustainable energy resources, while maintaining our high mission readiness.

Like any other federal institution, the Army is mandated by a myriad of government policies to reduce its energy consumption while sustaining its mission.

The Army operates in a domestic and world energy situation that is highly uncertain. To chart an effective and viable path for its energy and water future, the Army must consider developing enduring energy policies for its installations. The Army vision is to ensure secure, efficient, reliable, sustainable and cost effective energy and water services for installations. Development of new technologies and increased efficiencies will not likely fully offset the increasing energy use. The best option for meeting future energy challenges is Armywide participation in efficient use of energy and prevention of energy waste.

There is a widespread belief at the installation level that with the limited financial resources for new technologies and with the increased operational requirements, energy reduction is progressively more challenging. The garrison needs your help to maintain the legislation energy reduction goals.

Be an energy champion

Studies have shown that people are more likely to engage in long-term behavioral change when their neighbors and friends also engage in the behavior. Such cultures can serve as excellent tools for energy conservation across the base.

Similarly, studies showed competition among similar groups improved workplace performance. The culture of competition that is ingrained into the military should



Solar panels like these on Main Post's Building 244 are just one of the ways in which the garrison is taking steps to provide energy conservation solutions.

Photo by Robert Arlt

be tapped into for our energy conservation efforts.

Members of the community can be energy champions. Practice energy conservation rules in your living and working environment and tell us about it. There are many incentive programs within federal government aimed at rewarding individual or group initiatives, like the U.S. Department of Energy Award, Secretary of the Army Award, and Army Ideas for Excellent Ideas Program.

No-cost energy savers

There are many simple no-cost, common sense measures every individual can take to conserve energy. Doing a little saves a lot, especially when the change becomes habitual.

Leaving lights on in unoccupied facilities wastes energy, especially in maintenance facilities and motor pools with high intensity lighting. Turn off those large electricity consuming lights when not performing maintenance work. Use daylight whenever possible.

Leaving doors and windows open while the heat is on also wastes energy. Ventilate your space by forced air ventilation, i.e. opening the windows for three to five minutes rather than keeping them open or tilted for many hours.

No one knows your activity better than you. If you are working in a maintenance facility and cannot close the bay door because of your daily work, submit a work order to DPW to fix it by either tailoring the heating switch to the door position or installing an additional PVC strip curtain, if needed. Consolidate storages to empty areas not fully utilized and turn off heating and cooling.

The garrison has already taken

several steps to increase awareness and provide solutions for conserving energy.

■ The garrison recently began two photovoltaic projects, two buildings on Main Post and three on Rose Vilseck. These projects will produce 300 megawatts per hour per year of solar electric power and help reduce energy costs.

■ Domestic hot water solar panels were installed at the Main Post physical fitness center and at a dining facility on Rose Barracks.

■ Reduced light intensity at the parking lots and along the Netzaberg road is enforced by switching off every other light.

■ A government computer shut-off policy which saves \$500,000 per year in electricity costs.

■ Freeing-up local nationals during American holidays resulted in an energy conservation of \$60,000 per year.

■ A partnership with host nation agencies and utilities suppliers is in progress. This partnership will add an additional impulse to our efforts on energy security and sustainability, and renewable energy.

These efforts are already sending a clear signal of energy reduction trend within the garrison. After a decade of constantly increasing costs, for the first time in the garrison's history our energy consumption has plateaued.

Much of this can be attributed to our community population conservation consciousness and business practice changes. However, this does not mean we can sit back. With a \$40 million energy bill there is still plenty room to save more.

Editor's Note: Aref M. Arianta is the energy manager at U.S. Army Garrison Grafenwoehr.

Old traditions, new training strengthen ties

by **Capt. Jennifer Dyrce**
18th CSSB Public Affairs

The 21st Theater Sustainment Command's 18th Combat Sustainment Support Battalion "Warhammers" spent two weeks, from Aug. 19 to Sept. 2, conducting battalion-wide field training while occupying Bundeswehr training areas and local private land outside of Weiden.

The intent of the training was to conduct full spectrum operations. To do this the Soldiers simultaneously defended their areas, supported themselves logistically and supported other units. Meeting these goals required lanes covering convoy logistics patrols, platoon defense, movement to contact, night land navigation and decontamination of vehicles and equipment. The lanes were set up and run by each company in the battalion based on specialties developed over the past year.

One of the objectives was to subsist in the field without external support. The unit supplied its own rations, ammunition, maintenance, material handling, transportation, security, fuel, and power and even produced and transported its own drinking water. The drinking water was pulled from a local river outside the village of Huetten, where the 574th Quartermaster Support Company's water platoon operated in a local farmer's field, producing more than 45,000 gallons of drinking water.

"It was very good tactical training for me and my platoon. I especially liked being located on our site in Huetten," said Pvt. 1st Class Erin Wilkinson, who works as a water treatment specialist for the 574th QMSC. "It gave us a good location to purify water and to perform battle drills and field training."

"Professionally, I learned a lot about being a water treatment specialist in a field environment. For example, we were actually producing



Photo by Spc. Robert Lynds

Soldiers from the 18th Combat Sustainment Support Battalion in full Mission Oriented Protective Posture Level 4 gear place a protective mask on an incapacitated Soldier during a simulated chemical attack conducted as part of the 18th CSSB's field training exercise, Aug. 19-Sept. 2.

the water that the battalion needed instead of just going through the steps of purification. It helped me gain worthwhile experience about my job," said Wilkinson.

Soldiers across the battalion performed their jobs and cross trained on others in a field environment. Many Soldiers said they had not been able to do their jobs when deployed, and this was the first time they had operated in a field and not a forward operating base environment. The training also reinforced skills and gave confidence to those who had never deployed.

"It was a great experience allowing me to learn, repair and teach Sol-

diers about the family of generators within the battalion. I had a great time pulling numerous recovery missions. It was better training than I have had in years," said Spc. Ryan Fuchuck, a track mechanic for the 5th Maintenance Company.

Another focus of training was chemical attack. The decontamination platoons of the 12th Chemical Company operated lanes that trained the battalion over seven days to operate in chemical protective gear and decontaminate a platoon's worth of vehicles at a time.

For chemical, biological, radiological and nuclear – it was good ex-

posure to get everyone into Mission Oriented Protective Posture gear, said Sgt. Jesse Cajas, a decontamination squad leader with the 12th Chem. Co.

The battalion's perimeter was surrounded by more than four kilometers of triple strand wire, trip flares and listening posts. Over a three-night period, Soldiers tested their readiness against probing attacks. As a final test, the battalion was covered in a cloud of gray haze as Soldiers donned their chemical masks and defended the perimeter at the same time.

"The Soldiers learned very quickly how to establish defensive positions and determine sectors of fire," said

Sgt. 1st Class Anibal Colon, a movement manager coordinator for the 1st Inland Cargo Transfer Company. "Squad leaders were outstanding at teaching Soldiers these principles and in commanding their actions during battle. I feel privileged that I had the opportunity to train future leaders on how to use these almost lost skills."

The Soldiers enjoyed their time in the field, but it was the culminating event – the exercise banquet – which will be permanently burned into their memories.

"The Army is about tradition, training and taking care of Soldiers. We have steered away from some of the traditions, which made us great. Many young Soldiers have never experienced the camaraderie and bonding in a field banquet, and we remedied that," said Lt. Col. Reed Hudgins, 18th CSSB commander.

The banquet featured awards, promotions, skits and the first-ever Warhammer award. The Warhammer is the symbol of the unit and was awarded to the platoon with the highest number of points earned in the training lanes. The point count came within a half of a point so the Warhammer award was presented to a platoon from Headquarters and Headquarters Company, 12th Chem. Co., and a platoon from the 574th QMSC.

"The banquet was a great way to end the battalion FTX. It provided a relaxed environment where Soldiers could gather and enjoy good food and entertainment while reflecting on the past two weeks," said Capt. Terrence Flanagan, rear detachment commander for 41st Transportation Company. "This experience was probably a first for many young Soldiers and will most likely stay with them for the rest of their careers."

With skits, a grog bowl and a roast pig, whose head was brought out by a chemical detection reconnaissance robot, the Soldiers reveled in all they had accomplished.

172nd medics train for combat

by **172nd Infantry Brigade Public Affairs**
News Release

It was a bit out of the ordinary for the Soldiers of C Company, 172 Support Battalion. The company, comprised predominately of medical personnel, was out in the field conducting convoy operations training, Sept. 16.

On a normal day, the Soldiers work in labs and clinics across Schweinfurt, but, this day, they were focusing on the other aspect of their profession – being a Soldier.

Instead of restoring health, they were practicing how to utilize deadly force.

Sgt. Robert Eccles, laboratory technician, C Company, 172 SB, stated that sometimes young medical Soldiers "have trouble realizing that Soldier skills come first," but he emphasized that C Company instills in its medics the primary importance of Soldier skills.

Cpl. Cynthia Samudio, a combat medic, noted that it gave them an opportunity to gage training needs by providing them with a better understanding of tactical convoy operations.

As Samudio saw it, the training was part of the unit's ongoing commitment to developing professional excellence, both tactical and medical.

Capt. Scott Anderson, commander, C Company, 172nd SB, said the convoy operations are a great oppor-



Photo by 1st Lt. Noah Finley

Members of C Company, 172nd Support Battalion, conduct convoy operations in Schweinfurt, Sept. 16. The training supported the unit's ongoing goal of maintaining both tactical and medical excellence for its Soldiers.

tunity to get everybody out and get exposure to a simulated combat environment.

The medics of C Company demonstrated their tactical and medical ability earlier this year when over half of those who competed for the Expert Field Medical Badge received it.

Pilot program extended

Program gives civilians options when reporting sexual assault

by **Maj. Valerie Henderson**
U.S. Army Europe Public Affairs

HEIDELBERG, Germany — The vice chief of staff of the Army recently approved U.S. Army Europe's request to extend its pilot program allowing civilian beneficiaries of the military health care system the option to file a restricted report for sexual assaults.

"We are excited that our pilot program has been extended," said Rosalind Dennis, USAREUR Sexual Assault Prevention and Response program manager. "Civilians who want to file a restricted report can do so knowing they can receive advocacy services and support without initiating an official investigation."

Restricted reporting allows victims

to confidentially report sexual assault and seek medical care and advocacy services without triggering a criminal investigation. Unrestricted reporting allows victims to seek care and services while immediately initiating an official investigation of the sexual assault.

"This is about options," Dennis said. "Civilians should have the option to decide which type of report they'd like to file and know that their decision will be respected and they'll receive the care they need."

In January, Gen. Carter F. Ham, USAREUR commander, gained approval for an exception to current Department of Defense policy that prevents non-service members who report sexual assault through military channels from filing a restricted report. That approval resulted in a pilot program that ran March 1-Aug. 31.

The new approval allows USAREUR to reinstate its pilot program immediately with an end date of Feb. 28, 2011.

Ham charges SARCs to continue reducing sexual assault numbers

by **Bruce Anderson**
U.S. Army Europe Public Affairs

GARMISCH, Germany — "It's unfair of me to ask this of you, but I need you to do more. We have got to drive the (sexual assault) rate down."

That was the charge Gen. Carter Ham, U.S. Army Europe's commanding general, gave to the 80-member audience as he opened the 2010 Sexual Assault Prevention and Response Program Advocate Training conference in Garmisch, Sept. 14.

"I'm very proud of what you have accomplished, but at the same time I would say it's not enough," Ham said.

The audience included experts from universities and agencies whose programs are being tested and implemented in USAREUR, unit victim advocates, sexual assault response coordinators and deployable SARC's,

legal and law enforcement experts, and selected members of Army in Europe's Better Opportunities for Single Soldiers program.

In addition, a representative each from the Department of Defense Sexual Assault Prevention and Response Office, Department of Defense Dependent Schools-Europe, and the USAREUR Equal Opportunity and Equal Employment Opportunity offices also were in the audience.

"This is, for me, a very real readiness issue, so we've got to attack it as such," Ham said. "It is a crime. It is the right thing to do to try to stamp this out. But from an Army institutional stand-point, I know that our Soldiers and our units will be more ready to accomplish the many missions the nation expects of us if we eliminate sexual assault from our ranks."

The effort has to include com-

manders and senior noncommissioned officers, civilian leaders, and all of the units and organizations associated with USAREUR, Ham said.

To end sexual assault, USAREUR and the rest of the Army should focus on a trait that Soldiers demonstrate when in combat, Ham said, crediting the idea to former USAREUR Command Sgt. Maj. Ralph Beam.

"He (Beam) said, we see every day in our Army, in Iraq and Afghanistan, Soldiers coming to the aid of other Soldiers. If you're in a fire-fight, there's not a single Soldier in uniform who would not expose himself or herself to imminent danger to protect a comrade who is being shot at," Ham recounted. "Why is it, that that happens in Iraq and Afghanistan, but when we're in Germany, or Italy, or Belgium, (and) a Soldier is at risk of being sexually assaulted, we don't

have that same instinct to come to that Soldier's aid as we do a Soldier who is being shot at?"

That discussion led Ham to conclude that USAREUR can use that trait of coming to another Soldier's aid in the fight against sexual assault.

"I think we have a unique opportunity, because of the culture and the family in which we exist, the family of Soldiers, (that) we already have an instinct to go to the aid of another Soldier who is in harm's way," Ham said.

Ham said he is pleased with the progress made in responding after a sexual assault, especially the training being done to improve investigator and prosecutor skills to handle the special aspects of sex crimes. He also emphasized the importance of training those who are likely to be the first to receive information about a sex crime having been committed.

"That first encounter, when a victim of sexual assault makes that first gesture, whether it's to a co-worker, whether it's to an NCO leader, whether it's to a military policeman, whether it's to a person at a medical treatment facility, that very first encounter makes all the difference in the world," Ham said.

While acknowledging the great importance of maintaining an effective response program, Ham asked the conference attendees to focus now on how to improve prevention efforts. And he also told them how long to continue with their work.

The conference, which took place Sept. 14-17, included discussions on topics including bystander intervention, forensic examinations, medical treatment following a sexual assault, exposing predators, how rapists use drugs to facilitate the assault.

Deployed Dragoons remember 9/11

Story and photo by
Sgt. Jerry Wilson
2SCR Public Affairs

ZABUL, Afghanistan — For most Americans, Sept. 11, 2001, has become a date that will be forever etched in their minds. The anniversary of that tragic day has become a time of reflection, for counting their blessings and remembering those heroes that gave their lives that fateful day.

Dragoons of the 2nd Stryker Cavalry Regiment and other members of Combined Team Zabul marked the anniversary of that sobering event with a prayer breakfast and remembrance service at Forward Operating Base Lagman in Qalat, Afghanistan.

“Today, we join with our fellow Americans and allies around the country and the globe,” said Regimental Chaplain (Maj.) Vaioa Leau. “United in purpose, we gather to remember the victims of the 9/11 horrific terrorist attacks against the United States.”

“We gather to remember those in and out of uniform, who continue to fight against those who would harm us for no other reason than that we stand as a bright shining light of freedom in the world.” Leau continued by discussing how Americans reacted to the attack.

“When the terrorists struck at the Pentagon and World Trade Center, they sought to topple the world’s



Soldiers and civilians from Combined Team Zabul listen attentively to the chaplain during the 9/11 Remembrance Breakfast at Forward Operating Base Lagman, Afghanistan.

mightiest symbols of military power and economic prosperity,” he said. “While this blows hurt, they did not cripple the far-reaching capabilities or the effectiveness of our financial institutions and most of all, our free spirit.”

Highlights of the event included the National Anthem sang by 1st Lt. Christina Chang and a heartwarming rendition of “America the Beautiful” by Capt. Doug Hogsten, Fires Squadron chaplain.

Maj. John R. Sudduth of C 478th Civil Affairs Battalion gave the morning’s keynote address. Sudduth is the civil affairs military operations

chief for 2SCR, where he leads four U.S. and two Romanian civil affairs teams. During his speech, Sudduth recounted his days as a Navy officer and where he was on that tragic day.

“Sailors were not at their posts,” he recalled. “Those actively engaged in the morning activity were still there, but it was the periphery people — those who normally stand around on the decks or forecandle that were not. They were gathered by the televisions scattered throughout the ship.”

Sudduth said he made his way to the wardroom where he, too, stopped as the footage of the towers toppling played over and over. Shortly after,

the ship was speeding over the waves at 18 knots headed for the coast of New York. Sudduth recounted the sight of New York on that day.

“We were miles out to sea,” he said, “yet the ghostly grey and black plumes that were once the towers were clearly visible.”

“The strangest part was the empty skies,” Sudduth said. “I never really thought about it until I was standing on the bridge and there wasn’t an airplane in sight. Not a single contrail racing across the sky,” he continued. “It would be like that for what seemed like eternity and it’s one of my most vivid memories as to how out of place the world felt.”

The former Navy officer turned Army major went on to talk about how the American spirit had turned from one of despair to determination and resolve. He commended his fellow service members for their continuing dedication to the mission.

“It is now our watch,” he said, “our turn to stand on the wall.”

“We need to remain vigilant and do our part to support this current war just as our forefathers had after the attacks on Pearl Harbor,” he said. “As I look at my team mates when they return from missions, I see Soldiers weak of body but strong of will.

“The American will to defend those that cannot defend themselves remains alive and well.”

Sept. 11 a day most will not soon forget

Continued from page 2

Like the young men and women that filled the recruiting stations in the days after the towers came down, I knew it was something I had to do.

And now nine years after the attacks and seven years after returning to active duty I am in Afghanistan.

I will never forget the moving words of the president that night in his address to the country. To this day I remember members of Congress tossed aside political affiliations in an impromptu singing of “God Bless America.”

While the people inside the beltway and the chattering class in the media have turned what happened on 9/11 into a political football and analyzed ad nauseum every detail of everything that happened that day and every day since, I think most people in our country don’t care about that stuff.

Like me, they simply recall horrific events that killed innocent Americans and they want the people who orchestrated this atrocity to pay. And they stand behind the 1.5 million of us wearing the uniform who swore an oath to defend what Ronald Reagan called “the last and greatest bastion of freedom.”

They remember the lights of their downtown office buildings being completely dark, probably as in my case, for the first time in their lives. They remember law enforcement vehicles parked in front of schools as added protection against possible further attacks. And many, just as I do, remember not being able to sleep that night for even a minute.

But for all its tragedy and sadness, 9/11 showed that what made America great in generations past, is still there in all of us today. People lining up to give blood; retired firefighters, policemen and Soldiers all rushing to the scene. Diners and fast food restaurants making thousands of meals for first responders and volunteers. None of them had been ordered to do so; they just knew they had to do it.

America responded to a tough situation like it always had, with resolve and determination, love and kindness for friends and strangers alike. Everything that makes our country great was put on display that day and in the days following.

Last year, Sept. 10, I sat down with my son and showed him the videos on YouTube of what happened on Sept. 11, 2001. He was only 4 at the time it all happened and had no clue what was going on. I wanted him to know why I get tend emotional around this time of year. I wanted him to know why I do what I do.

The kid, who normally has a short attention span for what his dad wants him to watch, didn’t take his eyes off my computer monitor for a solid 35 minutes that night.

We will not tire, we will not falter. And most importantly, we will not forget.

Soldier gets 24 months

by JMTC Office of the Staff
Judge Advocate
News Release

At a general court-martial convened in Vilseck, Sept. 14-16, Sgt. Joshua I. Toth, 4th Squadron, 2nd Stryker Cavalry Regiment (Rear, Provisional), plead guilty to one charge of robbery, (Article 122, UCMJ).

An enlisted panel sentenced Toth to be reduced to the grade of private (E1), to forfeit all pay and allowances, and to be confined for a period of 24 months.

Afghan children walk proudly in Qalat

Story and photos by
Sgt. Jerry Wilson
2SCR Public Affairs

ZABUL, Afghanistan — On a sunny morning, Sept. 6, children’s laughter could be heard emanating from the sandlot in the Qalat town square. Local children had gathered to play one of their favorite games, cricket. Suddenly, the game stopped as several Afghan National Police vehicles pulled onto the field. However, the officers’ mission today was not one of law enforcement but one of love.

As Ramadan draws to a close and residents start preparing for the celebration of Eid ul-Fitr, Afghan police officers wanted to share in the joy of giving back to the people by bringing new shoes to the children of Qalat.

Eid ul-Fitr, often abbreviated Eid, is a holiday that marks the

end of the Islamic holy month of fasting called Ramadan. It is a time when families exchange gifts and spend time feasting together and sharing what they have with those less fortunate.

“In honor of Eid, we decided to give this small gift to the children,” said Maj. Kabeer an ANP official. “It is our way of sharing prosperity with the people. We want the people of the community to know that the ANP is here to serve their needs.”

With the help of coalition forces, ANP officers collected over 200 pairs of children’s shoes and made arrangements for the shoes to be distributed in two locations. As the officers drove up to the first site, they were swarmed by smiling little faces eager to see what surprises they had in store. The ANP officers happily set up chairs on the sports field as the children sat in antici-



pation. Each child was sized to determine which shoes he or she would receive. Pretty soon, about 100 kids, some of whom were barefoot before, were running and playing in their brand new gifts. One young recipient was so happy in his new sandals that he stopped to shake an ANP officer’s hand before running off to join his friends.



Above: Maj. Kabeer of the Afghan National Police presents a young lady with a new pair of furry slippers as part of the ANP’s shoe giveaway.

Above, left: Children wait patiently as the ANP sets up to pass out new shoes to the children of Qalat as part of Eid ul-Fitr.

Wolfpack ‘drives’ home safety in Afghanistan

by **Capt. Jacob Balon**
2SCR Public Affairs

ZABUL, Afghanistan — Although you may take the ability to drive for granted, the citizens of Afghanistan, or in this case the soldiers of the Afghan National Army, don’t receive the amount of preparation for the road we in the United States receive. Many coalition forces can attest that sharing the road with local nationals can be tricky. Eager to make use of every opportunity to partner with the local ANA, the Wolfpack of 3rd Squadron invited the 6th Kandak soldiers for drivers training.

The Squadron Mortar Platoon of Combined Team Wolfpack of 3rd Squadron, 2nd Stryker Cavalry Regiment, was tasked to turn a group of 29 ANA soldiers, “Driver’s Ed” students, into proficient drivers in just two weeks. This would be the first extensive combined training exercise that 3-2SCR and 6th Kandak would conduct.

Students spent eight hours a day, for 11 days, learning to drive the

ANA Ford Ranger and the Humvee. The value of the combined training extended past learning to operate a stick shift. In a time when partnership is crucial to the success of the overall mission, relationships were forged and impressions made with ANA soldiers that truly created an environment where U.S. and ANSF were “Shonna ba Shonna” or shoulder to shoulder.

The course began with instruction on the parts of each vehicle and their function. Focus was on the manual transmission, clutch and gears. After familiarization, students progressed into actual driving. As expected, progress was somewhat slow.

“For some of the guys, it took a couple of days just to get the Ford Ranger moving,” Staff Sgt. Brent Moote, noncommissioned officer in charge of the class, recalled with a smile.

After some long hours, things eventually began to click for the students.

“It was really hard at first,” Spc. Kaleb Siler, a driving instructor said, “but once they started learning and

I got to see that expression on their face ... that’s when I knew what it was really like to be a teacher.”

Once the students were able to shift a few gears, the training progressed into serpentine and driving narrow paths. Ultimately, the instruction covered common courtesies, rules of the road, checking for traffic at an intersection, using the blinker and other basic driving skills. Students came a long way in a short time and the ANA soldiers took pride in their newfound abilities. When the course advanced to convoy operations, detainee search procedures and other security related topics, the ANA soldiers’ enthusiasm was also evident.

At the end of 11 days the local ANA company commander came to check on his troop’s progress. After a few moments into a ride with one of his Soldiers, he was extremely impressed and remarked, “They didn’t even know what a gear was before the class. Now they drive like experts.”

On the final day, the Mortar Platoon held a graduation ceremony. It

was obvious that the U.S. and ANA had formed that sense of camaraderie and brotherhood that only Soldiers can. There were many heartfelt handshakes and goodbyes as the ANA departed the next day.

“This training gives the ANA commanders more flexibility; they now have a larger base of experienced and accomplished drivers to utilize,” said 1st Lt. Chad Humphrey, the Mortar Platoon Leader, after the ceremony.

“With a lot of focus on safety during training, what we are doing is actually saving lives. The advanced instruction they received on convoy operations will put them ahead of their peers and prove valuable in future operations.”

As the training ended, students were visibly proud to hold their certificates of graduation.

“Before I arrived I did not know how to drive the Ranger, which we use all the time,” said ANA Staff Sgt. Abdul Sabul, noncommissioned officer in charge of the class. “The class was really helpful and fun. It will help us to be safer.”

Visit the U.S. Army Garrison Grafenwoehr webpage, www.grafenwoehr.army.mil, for up-to-date news, events, contact information and much more.

Single Soldiers discuss concerns at summit

Story and photo by
Trecia A. Wilson
Staff Writer

Sixty-seven U. S. Army Garrison Grafenwoehr Soldiers gathered to discuss issues facing single Soldiers and share those issues with the garrison commander, Sept. 16.

This Single Soldier Summit was the brain child of Sgt. Eric Sargent, Better Opportunities for Single Soldiers president. Gatherings of this nature have occurred before, but not recently at USAG Grafenwoehr.

“I felt we, as single Soldiers, weren’t really being heard by the command structure,” said Sargent, “so in order for us to be heard, we needed to gather as a unit and discuss all the common issues we face here at USAG Grafenwoehr.”

However, after Sargent approached Audre Binder, director of Family and Morale, Welfare and Recreation at USAG Grafenwoehr, and members of the command staff, his idea of a small gathering of single Soldiers turned into an all-day summit.

“We knew that during the Army Family Action Plan conference, single Soldiers were completely under-represented because they were off doing other things, and we needed to know what they needed,” said Binder.

The 67 participants spent the morning in three groups generating 117 single Soldier issues. The groups were focused on the three pillars of the BOSS program: quality of life, community service, and recreation and leisure. After generating the initial issues, Soldiers vetted and prioritized the list to 15 issues they felt needed the most attention.

“One of the major issues consistent in all three groups is quality of life for barracks personnel,” said Spc. Maria Hoose a single Soldier with 5th Maintenance Company, 18th Combat Sustainment Support Battalion. “I



Maria Hoose, 5th Maintenance Company, 18th Combat Sustainment Support Battalion, briefs U.S. Army Garrison Grafenwoehr Commander Col. Vann Smiley and Command Sgt. Maj. William Berrios on issues concerning single Soldier quality of life at USAG Grafenwoehr during the Single Soldier Summit, Sept. 16. Sixty-seven single Soldiers attended the event.

think there are some serious concerns between the setup of the personnel in the barracks, but this summit gave the single Soldiers clear guidance of why we have so many people still living doubled up in the barracks.”

Following the morning session, Soldiers discussed the issues with various representatives from Community Health Promotion Council /Suicide Prevention Task Force, Army and Air Force Exchange Services, Defense Commissary Agency, FMWR, Interactive Customer Evalu-

ations, Outdoor Recreation, the First Sergeants’ Barracks Program and garrison leadership and get some real answers to their questions.

The top issues included meal card choice, one Soldier per room preferences, barracks visitation policies, emergency health care services on post, communication break down between leaders and Soldiers, a single Soldier cruise, longer gym hours, Commander’s Cup events, Pizza Hut delivery on post, and single Soldier retreats to locations other than the Edel-

weiss Lodge and Resort in Garmisch.

“On the Commander’s Cup, I think we owe you for our community to make sure we get the right feedback for the right event,” said Col. Vann Smiley, commander, USAG Grafenwoehr. “If you let a bunch of colonels and sergeant majors do the Commander’s Cup, everything will be done on bicycles or motorbikes; we’re old, simple as that.”

Smiley then asked the group how many had, in the last three months, submitted an ICE comment. Very few

hands were raised. “If we woke up tomorrow morning and I saw 67 ICE comments on pizza delivery at Grafenwoehr,” said Smiley, “and I turned and took those 67 comments to Marla Smith from AAFES and said to her I don’t know where this demand came from but all of a sudden 67 people said, ‘Hey, I need this on Vilseck, Grafenwoehr, Hohenfels and everywhere else ...’”

“You (the Soldier) need to learn to leverage the systems that are already in place. Your needs are valid, but you have to help me help you,” said Smiley with a grin.

Another issue that concerned Soldiers was lack of communication between the garrison and the single Soldiers, and between BOSS and its Soldiers.

“All the Soldiers involved today will be invited to partake in the committees that continue the researching of these issues,” said Sargent. “If the Soldiers don’t want to be involved, it shows the dedication and drive to make things better within the garrison is gone and that we need to spark that interest again.”

Sargent said the issues will be worked after the summit and his goal is to continue working beyond the top 15 issues, chipping away one-by-one at all 117 until they fall into one of several categories. The categories include: attainable and local, attainable but not at our local level or unattainable.

“This is our garrison and our quality of life. It is up to us to take responsibility and help make things happen within its boundaries,” Sargent said.

Single Soldiers, including geographically single or single parent Soldiers, are encouraged to get involved with their local BOSS program and help make a difference. For more, contact Sgt. Eric Sargent, USAG Grafenwoehr BOSS president, at DSN 475-8822.

Cyclists fare better when treated like drivers

by David Stone

*Aviation and Missile Research
Development and Engineering Center*

Bicycling continues to gain widespread acceptance as a viable form of transportation. Whether you cycle to save money, reduce your carbon footprint or improve your physical fitness, safety is always a primary concern. Do you know the rules of the road and use smart cycling tactics to bike safely and legally?

As a league cycling instructor, I teach cyclists tips, tools and techniques to help them ride more confidently. There are, however, a number of cyclists and motorists who are misinformed about how to bicycle safely, and I’d like to clear up some of the misconceptions.

In my courses, the most common fear riders express is getting hit by a car and, further, being struck from behind. A quick look at bicycle crash statistics provides two amazing insights that can help dispel cyclist’s fears of being involved in a vehicle collision.

First, the largest cause of bicycle crashes is falling off the bicycle. Half of the bicycle crashes involve falls, while less than 20 percent involve motor vehicles. In fact, collisions with pedestrians, animals and other bicycles are twice as likely as a collision with a motor vehicle.

Second, crash studies show that only about 5 percent of bicycle crashes with motor vehicles involve the cyclist getting hit from behind. Most collisions — more than 85 percent — involve crossing traffic. Either the bicycle pulls in front of the car or the car pulls in front of the bicycle.

Since the consequence of any bicycle crash, from falling in the driveway to getting hit head-on by a motorist, can result in serious injury or death, bicycle safety must focus on reducing the probability of a collision. Cycling safety is not intuitive; what feels safe and what is safe are not necessarily the same. Also, there are times when what is safe is not comfortable, and most cyclists try to avoid these conditions.

What controls can a cyclist implement to reduce the likelihood of a collision? The concept that reduces crash risk the most is called vehicular cycling. John Forester, in his book “Effective Cycling,” said it best: “Bicyclists fare best when they act and are treated as drivers of vehicles.”

Basically, a bicycle should be operated with the same rules and responsibilities as any motor vehicle. Segregating bicycles from motor



vehicle traffic makes cyclists less visible to motorists, thus increasing the risk of a crash. Visibility for a cyclist is not only what they wear, but also where they cycle.

Traffic law defines the cyclist’s position as “as far right as practicable.” This causes considerable confusion. This does not mean “as far right as possible.” The right one third of the right-most lane is a good starting point, but may change further left or right depending on the circumstances.

On roads that are not wide enough for a cyclist and motorist to share a lane, cyclists should use the full lane. Most cyclists want to get out of the way of traffic; however, in this case, moving farther into traffic reduces the crash risk. Most bicycle crashes with motorists traveling the same direction do not involve getting hit from behind, but hit from the side by the right rear quarter panel.

When cyclists ride too far to the right, they invite motorists to try and “squeeze by” when there isn’t sufficient room. Using the full lane reduces this risk by making motorists pass them as they would any other vehicle — in the next lane

If traffic is backed up, a courteous cyclist will pull completely off the road and stop while motorists go by. Once the road is clear, the cyclist can continue. Motorists should not expect cyclists to move as far right as possible while still moving.

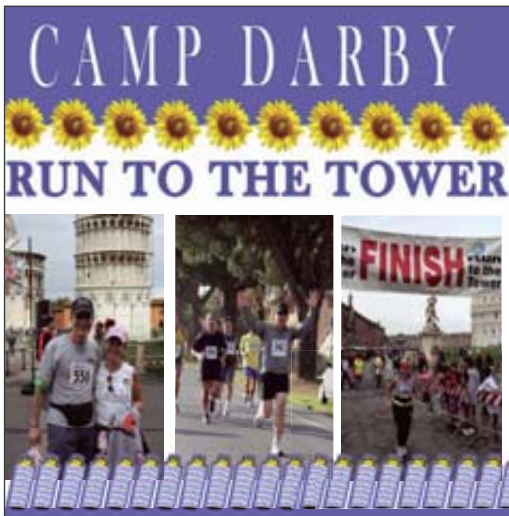
Many motorists feel bicycles should be on sidewalks because they impede traffic, but riding on sidewalks increases a cyclist’s risk of a collision with a motor vehicle between two to four times. At every intersection where a sidewalk crosses the road, there is a higher probability of a crash with the cyclist on the sidewalk, where the motorist is not looking, compared to cycling in the roadway with traffic.

Shoulders can be a viable facility for cyclists. However, debris, which can cause a fall, becomes a significant issue when cycling on shoulders. Cyclists must assess if the increased risk from the debris outweighs the risk of cycling in the road with traffic. Shoulders should not be used on steep descents since cyclists are capable of reaching the same speed as motorists. Shoulders with too many intersections, or where the shoulder turns into a right-turn-only lane, also should not be used due to the risk of collision that can occur if cyclists continue straight through the turn lane when motorists expect them to turn right.

Bike lanes are essentially a shoulder with additional paint. A common motorist-caused crash is called a “right hook,” where the motorist cuts off the cyclist by turning right across the bike lane. Cyclists also cause crashes by turning left from the bike lane. They don’t realize they should merge to the left and turn like a motorist.

Another common cause of bicycle/motorist collisions is cycling without lights at night and in low-light conditions. Many times, a motorist’s headlights do not illuminate the bicycle reflectors until just before a collision, so bicycle headlights and taillights, which can be visible for miles, are the best solution. Headlights are required by law and taillights are highly recommended. The up and down motion of bicycle pedals is readily recognizable and the use of pedal reflectors, reflective tape or a reflective leg band all increase cyclist visibility.

Properly fitted helmets and bicycle inspections are also important safety issues. Cyclists must assess risks based on the time of day and road, traffic and weather conditions. Knowing potential hazards and implementing the proper controls are the keys to riding confidently and, most important, safely.



Darby hosts annual fun run

by Joyce Costello

USAG Livorno Public Affairs

The annual Run to the Tower is a great way to combine physical fitness and visiting one of the manmade wonders of the world during the 2010 Columbus Day weekend.

This year, Camp Darby’s Run to the Tower 12-kilometer Fun Run will take place Friday, Oct. 8. The race begins at 9:30 a.m. in front of the Camp Darby Parade Field and goes through the flat roads along the Arno River until it finishes in front of the Leaning Tower of Pisa.

Runners will enjoy a flat, fast course with two water points, road guards and police at intersections and a bus at the finish to bring them back to Camp Darby.

The race is limited to 500 runners and walkers, with the first 300 registrants receiving the Run to the Tower T-shirts. Registration is open from Sept. 27-Oct. 6. Applications will not be accepted the day prior or the day of the race.

Registration forms are available at the Camp Darby Outdoor Recreation Center and online at www.usag.livorno.army.mil. Mailed registration forms must be received by ODR (DSN 633-7775) no later than Oct. 6.

Medals are awarded to top three finishers in seven female and male categories at 11:15 a.m. by the Leaning Tower of Pisa.

Sea Pines Lodging can accommodate groups and individuals. Call DSN 633-7225 to make your reservation today.

‘Battle buddies’ help fight suicide

by Steve Davis
Europe Regional Medical Command Public Affairs

HEIDELBERG, Germany — A dark thing happens when situations or relationships begin to spin out of control. A feeling of hopelessness or despair may set in. No matter how hard you may try to shake it, the gloom darkens and turns what used to be joy for life into unbearable pain. “I just can’t take this anymore. I just want the pain to end,” some Soldiers have been heard to say.

Those statements could be a warning sign by someone considering suicide. Personality changes, high-risk behavior, irritability, anger and depression can also be warning signs.

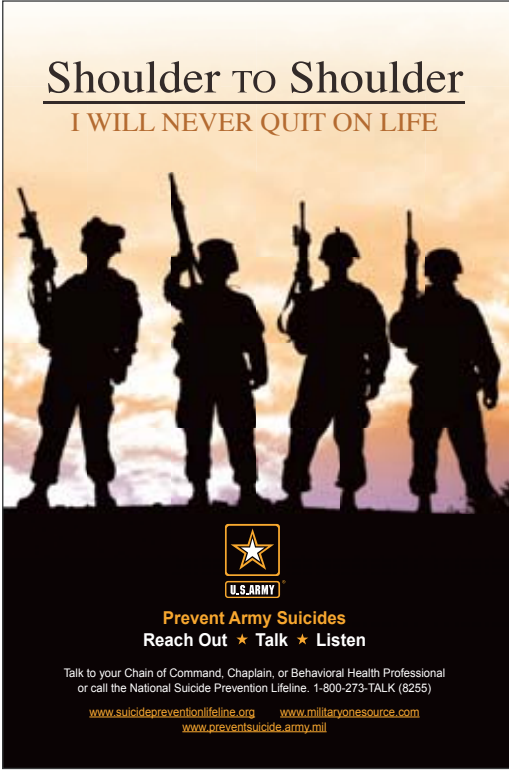
“Don’t take them lightly. Treat them seriously even if you think they are off-the-cuff passing remarks or behavior,” said Dr. Maria Crane, a clinical psychologist with the Europe Regional Medical Command Soldier and Family Support Services.

The Army is training Soldiers, leaders, Department of the Army civilian employees and family members to “Act, Care and Escort.” The ACE Suicide Prevention Program asks everyone to truly know Soldiers on a personal level and, if necessary, escort them to someone who can help them. That “someone” could be a behavioral health provider, a chaplain or a social worker.

To teach first-line supervisors to recognize suicide warning signs and intervention skills, trainers from U.S. Army Europe G1 and the IMCOM-Europe Substance Abuse Program host Applied Suicide Intervention Skills Training.

“The Army’s goal is to have two ASIST-trained facilitators at each garrison, major subordinate command and Army Reserve Command before Dec. 31,” said USAREUR G-1 Well-being and Quality of Life Program Manager Dr. Betty Summerlin.

Once trained, those master trainers will then



Courtesy graphic

conduct three two-day workshops.”

Summerlin said squad leaders, platoon sergeants, platoon leaders and other first-line supervisors are the “target audience” for the training.

Family readiness groups and others are also receiving suicide prevention training.

“It is important to be prepared and trained to respond effectively to many types of situations,” said Sonja Brown-Lathan, Family Readiness Support Assistant program manager for U.S. Army Europe.

She said properly trained family readiness

support assistants and family readiness group volunteers can play a significant role in identifying and referring Soldiers and family members in crisis to the appropriate professionals.

Chaplains and Army Community Service provide training to family readiness support assistants or FRASAs.

Deputy IMCOM-Europe Chaplain (Lt. Col.) Avi S. Weiss said military community and unit chaplains will conduct suicide prevention training throughout September and also address Soldier and family resilience during chapel services.

Even school kids are learning suicide prevention skills. “SOS: Signs of Suicide” training is held annually for seventh-graders at Heidelberg Middle School. Eighth-graders get a refresher course.

“School counselors teach students how to help fellow students and others if they observe suicidal behaviors,” said Heidelberg Middle School Counselor Lynn Mattingly.

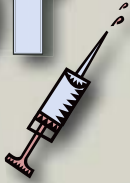
Vice Chief of the Army Gen. Peter W. Chiarelli said that the Army is working very, very hard to eliminate the stigma long associated with seeking and receiving help.

“This is a matter of life and death, and it is absolutely unacceptable to have individuals suffering in silence because they’re afraid their peers or supervisors will make fun of them, or worse, it will adversely affect their careers,” Chiarelli said.

A candid new video called “Shoulder to Shoulder: I Will Never Quit on Life” features vignettes and testimonials of real Soldiers who received help for psychological distress or who assisted an individual in need. The video illustrates how people can work together to keep each other, and the Army, mentally fit.

The video and other suicide prevention resources are available at the Army G1 Suicide Prevention Web page, www.armyg1/hr/suicide.

a shot of advice



by Lt. Col. Stephen Linck
BMEDDAC

Q. Is it true that every student in a DoDDS school is required to get the flu vaccine? Is there some sort of plan to do all of the kids at once?

Signed,
Parent in Poppenricht

A. Dear Parent,
Yes and yes. DoDDS and the child development centers are requiring the vaccine for all students and children. We received our allotment of vaccine and we are ready to start vaccinating everyone. All seven clinics in BMEDDAC are working with their local school and garrison leadership to get the children vaccinated.



Linck

Please contact your local health clinic or visit their website at <https://ermc.amedd.army.mil/Bavaria/index.cfm> for more information.

Q. My child is going off to college in the states this fall. My question is about their insurance. Should I enroll him in the Tricare region where his school is? Or does he still fall under Tricare ISOS? I want to make sure he’s covered when he needs to see a doctor or if there’s an emergency.

Thanks,
Mom in Mannheim

A. Dear Mom,
The best thing to do is enroll your college child in the region where they will live. You can enroll them in Tricare Prime if it is available at the location where the college is located. If Tricare Prime is not offered, your child can have Tricare Standard, which means they can select their provider as long as the provider accepts Tricare. If your child is under Tricare Standard, there is a deductible and cost-share for services.

Definitely disenroll your child from Tricare Overseas Prime when he returns to CONUS for the school year or they will have to pay point of service for routine care.

For more, go to www.tricare.mil/mybenefit. Plug in the zip code to find out what type of Tricare plan is offered in that area. Also, make sure you update your child’s address in DEERS.

Q. I heard about this new drink called “Outox” that’s supposed to help you sober up quickly by reducing the amount of alcohol in your body. Does this drink really work?

Thanks,
Hung over in Hanover

A. Dear Hung over,
Are you still drunk? I did some research on this product and there is very little that makes me think this product works. First, their ingredients are secret and the only ones I was able to find are carbonated water, fructose, vitamin C and flavoring. It sounds just like any other energy drink. Second is that once alcohol is in the bloodstream, only time or hemodialysis will get rid of it. The liver has to detoxify the alcohol before the kidneys can get rid of it, which happens roughly at one drink per hour.

This product may have something that will inhibit the absorption of alcohol from the digestive system, but this will not make you sober. It will only slow the rate of intoxication. Once alcohol hits the bloodstream it is there to stay. My advice is to know your limit and stop when you get there.

If you need a shot of advice, e-mail your question to Lt. Col. Stephen Linck at brmc-pao@amedd.army.mil.

Suicide Prevention Month

Preventing suicide everyone’s concern

by Steve Davis
Europe Regional Medical Command Public Affairs

HEIDELBERG, Germany — Preventing suicide is a priority at the Europe Regional Medical Command, throughout U.S. Army Europe and the entire Department of Defense.

That priority will be emphasized during Suicide Prevention Month in September as a call to action goes out to all military communities.

“Preventing suicide is everybody’s concern,” said Dr. Maria Crane, a clinical psychologist with ERMCM Soldier and Family Support Services. “One suicide is one too many. We all need to work together to prevent unnecessary loss of life.”

In June, 32 Soldiers took their own lives, a record month for the U.S. Army. In 2009, 265 Soldiers committed suicide and the rate so far in 2010 is keeping a similar pace.

Getting individuals who may be

contemplating suicide to seek help is what Crane focuses on.

“Even if the number of suicides goes down, the bottom line is that someone took their own life,” she said. “We can help them before that happens.”

Understanding why people attempt or actually commit suicide is one way Army leaders are addressing the problem. Committing additional behavioral health resources and suicide prevention awareness and training is another.

To better understand reasons for the rising rate of suicides, the Army undertook a 15-month study. Key findings and recommendations were published in the 2010 Health Promotion Risk Reduction and Suicide Prevention Report. The report is available at www.armyg1.army.mil/hr/suicide along with suicide prevention resources.

“Optempo, multiple deployments, trauma of war and stress and other contributing factors may influence suicide and high risk behavior,” said Crane. “Relationship problems or loss is also a common

‘thread’ we have been seeing.”

As with medical problems, behavioral health problems can be treated. To encourage Soldiers to seek counseling, Army leaders have appealed to leaders at all levels to eliminate the stigma of seeking behavioral health.

“Early intervention and prevention is crucial, so we are trying to provide care and treatment where and when Soldiers and family members need it,” Crane said.

The Europe Regional Medical Command has taken these steps to make behavioral health care readily accessible:

Hired 70 additional behavioral health providers for Army health clinics in Europe

“Embedded” a counselor in primary care clinics should a Soldier or family member express the need for counseling during a doctor visit.

Set up school-based behavioral health clinics in Vilseck, Grafenwoehr and Baumholder in a pilot program that may expand to other military communities

Prostate cancer can be identified, treated early

by Lisa Young
U.S. Army Public Health Command (Provisional)

September is Prostate Cancer Awareness Month. Prostate cancer is the third most common cause of death from cancer in men, but is rarely found in men under age 40. This cancer starts in the prostate gland, a walnut-sized structure that wraps around the urethra and produces fluid for semen.

The cause of prostate cancer is unknown. Some studies have shown a relationship between high dietary fat intake and increased testosterone levels. There is no known association with an enlarged prostate. Levels of prostate specific antigen are often high in men with prostate cancer, but PSA can also be high with other prostate conditions.

Since the PSA test became common, most prostate cancers are found before they cause symptoms. The symptoms below can occur with prostate cancer, but are more likely to be associated with noncancerous conditions.

- Delayed or slowed start of urinary stream
- Urinary dribbling after urinating
- Urinary retention

- Pain with urination or ejaculation
- Lower back pain or pain with bowel movement
- Urinary incontinence or excessive urination at night
- Bone or abdominal pain or tenderness
- Blood in the urine
- Low red blood cell count

A variety of tests may be done to diagnose prostate cancer. A rectal exam will often show an enlarged prostate with a hard, irregular surface. A prostate biopsy is the only test that can confirm the diagnosis.

Treatment options include hormonal therapy, surgery to remove the prostate, external beam radiation therapy, radioactive seed implants, chemotherapy, freezing the cancerous prostate tissue, or monitoring without active treatment. The decision about which treatment to choose can be difficult. Some therapy can interfere with sexual performance. Drugs that reduce the testosterone level often work very well at preventing further growth and spread of the cancer. Chemotherapy is often used to treat prostate cancers that are resistant to hormonal treatments. Ask questions and be aware of the benefits and risks of the pro-

cedures before making a treatment choice.

There is no known way to prevent prostate cancer. Following a vegetarian, low-fat diet may lower your risk. Early identification is possible by screening men over age 40 annually with a digital rectal examination and PSA blood test. Men over 40 should see their health care provider if they have never been screened for prostate cancer, not annual exams, and have a family history of prostate cancer. PSA testing in all men is in debate since a high PSA level does not always mean that a patient has prostate cancer. Doctors are detecting and treating some very early-stage prostate cancers that may never have caused the patient any harm. The decision to use PSA testing to screen for prostate cancer should be based on a discussion between the patient and his doctor.

For more information, visit these sites:

National Institute of Health, www.nlm.nih.gov/medlineplus/ency/article/000380.htm

Centers for Disease Control and Prevention, www.cdc.gov/Features/ProstateCancer.

Editor’s Note: Lisa Young is a health educator at the U.S. Army Public Health Command (Provisional).

What's Happening

Grafenwoehr/ Vilseck Briefs

Estate Claims

Anyone having claims on or obligations to the estate of Maj. Paul Carron of HHC, 2nd Squadron, 2nd Stryker Cavalry Regiment, should contact the following summary court martial officer, Capt. Christopher Haag, at DSN 476-5841 or e-mail chris.haag@eur.army.mil.

For claims on or obligations to the estate of Pfc. Justin Shoecraft, B Company, 3rd Squadron, 2nd Stryker Cavalry Regiment, Rose Barracks, contact the summary court martial officer, Capt. Christopher Haag, DSN 476-5841 or e-mail: chris.haag@eur.army.mil.

For claims on or obligations to the estate of Staff Sgt. Derek J. Farley of 702nd EOD, 18th CSSB, should contact the summary court martial officer, 2nd Lt. Samuel D. Stahlmann, DSN 475-9140, cell 015204034792, or e-mail at samuel.stahlmann@eur.army.mil.

For claims on or obligations to the estate of 1st Lt. Robert Bennedsen of 2nd Squadron, 2nd Stryker Cavalry Regiment; Paul Cazupe of G Company, 3rd Squadron, 2nd Stryker Cavalry Regiment; or Pfc. John Andrade of I Company, 3rd Squadron, 2nd Stryker Cavalry Regiment, should contact the summary court martial officer, Capt. Christopher Haag, at DSN 476-5391, CIV 016090278066 or e-mail chris.haag@us.army.mil.

For claims on or obligations to the estates of Staff Sgt. Marc A. Arizmendez, Spc. Roger Lee, or Pfc. Michael S. Pridham, 1-4th Inf. Regt., contact the assigned summary court officers: Arizmendez: 1st Lt. Leon Perry, DSN 520-5463; Lee: 2nd Lt. Zachary McLain, DSN 520-5282; Pridham: 2nd Lt. Bruce Rosenbloom, DSN 520-5413.

Case Lot Sale

Grafenwoehr Commissary's annual case lot sale is Oct. 1-2, from 10 a.m. to 8 p.m. Savings of up to 40 percent off on a variety of selected products such as: vegetable cans, soups, cereals, juices, drinks, popcorn, cookies, crackers, detergents, softeners, cleaning supplies, paper towels, sanitation articles, air fresheners, shampoos, and more.

Additionally, a produce farmer's market sale will be available for the first time.

Disaster preparedness event

The American Red Cross is sponsoring an Emergency Preparedness Event at the Grafenwoehr Field House, Oct. 2

from 10 a.m.-3 p.m. Free disaster kits, including lanterns, pocket tools, water bags and emergency radios will be distributed. The events and the kits are available to all military families, retirees and DOD civilians in the Vilseck, Grafenwoehr, Hohenfels, Garmich and Ansbach military communities.

Be Red Cross Ready

The Red Cross wants you to be prepared in the face of disaster! 1,500 free disaster kits will be distributed to active duty soldiers and their families, DOD civilians, and retired military personnel on Oct. 2, from 10 a.m.-3 p.m., at the Graf Field House. Kits include weather radios, pocket tools, first aid kits, water bags, flashlights and much more. Temporary volunteers are needed to help with the event.

For more information, or to volunteer for this event, call DSN 476-1760, CIV 09641-83-1760.

Holiday shout-outs

The Holiday Greetings team is once again coming to post exchanges. They will be at USAG Grafenwoehr, Oct. 2, noon-5 p.m., and Rose Barracks, Oct. 4, from 11 a.m.-5 p.m.

Military members are required to be in uniform for the greeting and may bring part of the uniform to "appear" uniformed. To best serve and make the process easier, customers need to provide city, state and phone number, along with the recipients' names so the Holiday Greetings team will know where to send the greetings.

Main Post Gate 3 delays

Traffic delays can be expected at Gate 3, Oct. 6, beginning at 8:30 a.m. due to quarterly barrier maintenance. Maintenance involves five hours dismantling of tire shredder. Inbound traffic will be detoured thru Gate 3a. No outbound traffic at Gate 3 during that time.

Retiree Appreciation Day

All U.S. military retirees are invited to attend Retiree Appreciation Day at the U.S. Army Garrison Grafenwoehr, Oct. 22, from 7:30 a.m.-3 p.m.

This year's event will be held on a Friday at Bldg. 244, just inside Gate 3. Registration begins at 7:30 a.m. The health clinic (immunizations, screenings, and information only, no medical appointments this year) and dental clinics (exams and cleanings only, no fillings) begin providing services at 7:30 a.m.

Assistance available ranges from records updates and health services, to benefits, voting and legal assistance. Lunch is available at the DFAC from 11:30 a.m.-1 p.m.

For more, contact the USAG Grafenwoehr Retirement Service Office at DSN 475-8539, CIV 09641-838539 or

e-mail imae-graf.rso@eur.army.mil.

Soccer players wanted

The USAG Grafenwoehr community co-ed soccer team is looking for more players, ages 18 and above with valid ID. Practices are every Mon. & Wed., 6-8 p.m., behind the Main Post Physical Fitness Center, Bldg 170. For more, Mike Bradfish at DSN 475-9024.

Child care fees increase

Most Army Families will see an increase in their child care fees at this time, while others will see a reduction and some will see no change at all for School Year 2010-2011. This is a result of a new Department of Defense policy. For more, visit www.grafenwoehr.army.mil/sites/news/stories/CYSSFeelIncrease.pdf.

Hohenfels Briefs

EFMP Focus Group

Sept. 30: The Exceptional Family Member Program focus group gathers input from the community about what works well, what needs improvement, and specific ideas to help develop the program. The group will meet from 9-10 a.m. at ACS, Bldg. 10. For more information, call Theresa Ortiz, EFMP program manager, at DSN 466-2083.

Hispanic Heritage celebration

Oct. 1: Help celebrate Hispanic Heritage Month with music, food sampling, cultural displays, dancing, contests and traditional games. FMWR will provide a beverage service. Activities begin at 5 p.m. and will continue until midnight at The Zone. For more information call Master Sgt. Chris Mulvihill, Equal Opportunity advisor, at DSN 466-4102.

Holiday greetings program

Oct. 1: The Joint Hometown News Service team from San Antonio will be recording holiday greetings in front of the Main Post Exchange, Bldg. 3, from 10 a.m. to 6 p.m. Call DSN 466-4294 for more information.

Upcoming trips

Mark your calendar now for these upcoming ITR and Outdoor Recreation summer trips. More information is available in the Hohenfels Hometown Happenings at www.hohenfels.army.mil/current_hh.pdf or call DSN 466-2060 for more.

- Oct. 2: Karlovy Vary and Cheb.
- Oct. 2: Skydiving Trip to the Czech Republic.
- Oct. 9: Bodenmais Crystal Shopping.
- Oct. 16: Poland.
- Oct. 16: Klettersteig Frankischer Schweiz.
- Oct. 23 & 24: Halloween at Frankenstein Castle.
- Oct. 30: Two Castle Tour: Neuschwanstein and Hohenschwangau.
- Nov. 5-7: Paris Trip.
- Nov. 13: Nymphenburg Palace in Munich.

Case Lot Sale

Oct. 1-2: The Commissary will be having a Case Lot Sale with a variety of selected products such as: vegetable cans, soups, juices, drinks, chips, cereals, snacks, detergents, softeners, cleaning supplies, paper towels, sanitation articles, diapers, shampoos and more. Mark your calendars and take advantage of the savings. Supplies are limited. Don't forget to bring your coupons to save even more.

Kontakt Club Hohenfels

Oct. 3: Day Trip to the Open Air Farm Museum Neusath-Perschen, Naburg. For more information or directions to the events call the Public Affairs Office at DSN 466-2457.

ATV Course and Safari

Oct. 9: Outdoor Recreation is offering the ATV safety training and trail rides. Meet at 9 a.m. at ODR, Bldg. H15. You must be 18 years old to participate. Come dressed in pants, a long-sleeved shirt and sturdy boots. If these dates do not fit your schedule ODR can offer a course for your group or unit, 6-8 people. Call Outdoor Recreation at DSN 466-2060 to register for the course or for more information.

VFW Monthly Meeting

Oct. 12: The Hohenfels Veterans of

Foreign Wars Post 10557 will be holding its monthly meeting at the post theatre at 5:30 p.m. The meeting is open to the public, and attendance is highly encouraged. Also the new service officer for the Hohenfels VFW Post 10557 is Michael Streeter. If there are any questions concerning veteran benefits they can be addressed to him at mrstreetusa@yahoo.com.

Make It & Take It

Oct. 14: Crafty teenagers, mark your calendar. The library will host a teenager's "Make It and Take It" crafting session the second Thursday of each month. Call DSN 466-1740 for more information.

Family Games Unplugged

Oct. 16: The second Saturday of each month is Family Games Unplugged at the library. Unplug and recharge with quality time with your family. The library provides all the fun board games, card games and more. Call DSN 466-1740 for more information.

Couples Communication

Every Wednesday: Army Community Service has the weekly Couples Communication workshop every Wednesday. Make your marriage hotter. Make your conflicts calmer. With the current deployment cycle and complexity of military life, use this time to focus on building a stronger marriage. Classes are from 3:30-5 p.m. at ACS, Bldg. 10. For more information call ACS at DSN 466-4860.

Garmisch Briefs

Vehicle Load Training

Sept. 29: Garmisch will hold a vehicle load training class from 9-11:30 a.m. in English and 1-3:30 p.m. in German. Open to all drivers military or civilian. Contact the Safety Office at DSN 440-3595, CIV 08821-750-3595 for more information.

Case Lot sale

Oct. 2-3: Free hot dogs, chips, cake and coffee at the Garmisch Commissary. Sale takes place during normal weekend hours.

Dave Goldstein Live

Oct. 22, 9:30 p.m.: He has performed on the Conan O'Brien show eight times and the New York Times called him "...funny!" Get a good laugh in the Edelweiss Lodge and Resort's Zuggy's Base Camp.

Munich and the Third Reich

Oct. 22 & 24: After an overview on Friday, on Sunday meet at the bahnhof

just prior to the 8 a.m. train to Munich where we recreate the Bier Hall Putsch as it happened in 1923, visit the site of the Munich Accords and explore other places associated with the Nazi movement. This is an extremely interesting tour, somewhat like examining an urban battlefield. Lots of walking all day - wear comfortable shoes. Cost: \$35.

Iceman/Bolzano Day Trip

Oct. 29 & 30: At 7 p.m. on Friday we start by showing a video about Oetzi the Iceman, Europe's oldest natural mummy who was discovered by hikers in 1991 on the Austrian/Italian border. On Saturday at 7 a.m. we depart for a fantastic museum in Bolzano to visit the Copper Age man who lived 5,300 years ago. We also have time to visit the famous Saturday Market. A long day filled with delights. Cost: \$42.

Neuschwanstein

Oct. 31: Visit the most popular tourist attraction in Germany, Neuschwanstein Castle. This tour is called 'Ludwig and Richard' and focuses as much on composer Richard Wagner as well as the shy king. Essential to an understanding of the Ludwig world is an acquaintance with the world of nineteenth century German politics. Also lunch in the castle town of Fuesen, a short stop at the UNESCO designated World Heritage Site of the Wieskirche, and the Ettal Monastery. Cost: \$39.

Prague

Nov. 5-7: Prague is on the top ten of places to visit in the old world. Enjoy a daytime tour Saturday and a fair amount of free time, plus a special guided tour of the Franz Kafka museum. Departs at 4:15 p.m. Cost: \$270.

Venice/Verona Weekend

Nov. 12-14: Two nights in the Vicenza area. We spend all Saturday in Venice seeing great art, architecture, pigeons in St. Mark's Square, gondolas, and good places to eat! On Sunday, we visit Verona, the Romeo and Juliet city, with its great Roman arena and a wonderful restaurant. Cost: \$290.

Thanksgiving in Paris

Nov. 25-28: Paris is the best Thanksgiving destination because there is so much to see, the weather is good, and this is the longest holiday weekend on the American calendar. Almost three full days; includes familiarization with public transportation and a tour of some essential but less accessible places on the first day. Two days for people to explore the Louvre, do the Musee d'Orsay and visit other sites like the Eiffel Tower on their own. Cost: \$465

Unless noted, all FMWR events meet

The Grafenwoehr and Vilseck Community and Spouses' Clubs present ...

Crown Jewel Bazaar

October 15-17, 2010

Bazaar Location
Vilseck, Bldg. 134

Ribbon Cutting
Friday, Oct. 15, 11 a.m.

Opening Hours
Friday, Oct. 15, 11 a.m. to 7 p.m.
Saturday, Oct. 16, 10 a.m. to 7 p.m.
Sunday, Oct. 17, 11 a.m. to 5 p.m.

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Halloween extravaganza

With DJ Mark Carr

9th of October from 4 -7 p.m. at ODR

Costume Contest Raffle Bounce House
Cake Walk Food Games

Tickets for Games and Bounce House for sale at the event

What's Happening

Garmisch (Continued)

at the Pete Burke Center. To register for the events contact the staff at the Pete Burke Community Center, DSN 440-2638, CIV. 08821-750-2638, or email us at Garmisch.FMWRodr@us.army.mil.

ACS classes and gatherings

Wednesdays, Sept. 29-Nov. 3, noon-1 p.m.: Love and Logic - Early Childhood Parenting Made Fun for families with children up to 6 years of age.

Monday

- Money Mondays: 11:30 a.m.-1 p.m.
- Fundamentals of English: 1-2:30 p.m.
- Gruess Gott Garmisch Group meets at 9:30 a.m. the first Monday of the month at the Pete Burke Center.

Tuesday

- Playgroup: 10-11:30 a.m. at the Garmisch Chapel
- Conversational German: 9:30-11 a.m.

Wednesday

- Working Wednesdays: 1-2:30 p.m.

Thursday

- Stroller Walk: 1030-1130 Meet at ACS
- Stress and Anger Management Class every second Thursday from noon-1 p.m.

Unless noted all ACS activities take place or meet at the Garmisch ACS Center (Artillery Kaserne, Bldg 203).

For more information contact your ACS staff at DSN 440-3777, CIV 08821-750-3777 or e-mail them at Garmisch.FMWRacs@eur.army.mil.

Ansbach Briefs

Say hello back home

The Holiday Greetings Team is once again coming to USAG Ansbach, Oct. 5. The planned locations are: outside between the Katterbach Fitness Center and the Commissary (at the gazebo area; inside if inclement weather) from 8 a.m.-noon and on Storck Barracks in the Longbow Lounge, from 2-5 p.m.

Military members are required to be in uniform for the greeting and can bring part of the uniform to "appear" uniformed, or work it however they can to appear properly attired.

To help best serve you and make the process easier, customers need to provide

city, state and phone number, along with the recipients' names so they will know where to send the greetings — so customers may want to bring their little black books.

Girl Scouts kick-off

All girls in K-12th grade who are interested in Girl Scouts are welcome to join the Ansbach girls, Oct. 2, from 2-4 p.m., at the Ansbach Elementary School for an afternoon of fun and games to learn what Girl Scouting is all about. Registration fee is \$12.

Girl Scouts is committed to developing girls of courage, character and confidence today to become leaders tomorrow.

The Girl Scouts of Ansbach is seeking volunteers to share time and talents with the girls in the community. If you desire to make a difference in a girl's life, e-mail gsansbach@yahoo.com or call 0176-76-777-695.

Suicide Prevention

Oct. 5: Gatekeeper training will be conducted for those who are the first line contact for anyone who has thoughts of suicide. This training will be conducted from 2-4 p.m. at the Katterbach Chapel Fellowship Hall. A gatekeeper is a staff sergeant or above and the training will include how to handle those with thoughts of suicide, who to call and what to do. Organizers request that each company identify at least two gatekeepers.

Call Ms. Greene at DSN 467-1710 to give her the name of the attendees and which dates they will attend.

Food handler's class

A food handler's class is scheduled for Oct. 14, from 11:30 a.m.-1 p.m., in Building 5817, the Katterbach ACS classroom. Class size is limited to 30 people. To attend, please call Preventive Medicine at DSN 476-2041/2138, CIV 09662-83-2041/2138.

German-American Club

The Ansbach German-American club meets monthly at the Gasthaus Kern in Lehrberg, every second Thursday of the month at 6:30 p.m. The next meetings are Oct. 14, Nov. 11 and Dec. 6.

For full details, call CIV 0981-65184.

EFMP info

Is your Soldier coming back from downrange? If your Soldier is receiving orders to another location, it is not too early to start your Exceptional Family Member Program paperwork. Family members can start the paperwork now. Your local health care facility EFMP coordinator or the local Army Com-

munity Service EFMP manager can assist in determining what you need to do. Remember, if you have someone registered in EFMP, the registration has to be updated every three years or when the condition changes.

Community events

Today through Oct. 3: Herbstmarkt (fall crafts market) at Hauptmarkt (downtown, market place) Nuremberg. Opening times are daily, 9:30 a.m.-7 p.m.; Sundays 10:30 a.m.-7 p.m.

Oct. 10: Munich Marathon, downtown Munich. Start at Ackermann Strasse, pass through the English Garden, end at the Olympic Stadium.

Schweinfurt Briefs

Community and contact info

For more information on the latest news, upcoming events, available services and resources, or to find the right point of contact for your concern, visit us at www.TeamSchweinfurt.com.

Preschool openings

Child, Youth and School Services currently has vacancies in its part-day preschool program for 3-year-olds. Enrollment is available for either two or three days per week. Additionally the Child Development Center has openings for 2-year-olds in the Toddler Time program, available two days per week. Fees for both programs are based on an income scale. For more, call parent central services at DSN 354-3414, CIV 09721-96-3414.

Health fair

The Schweinfurt Health Clinic is hosting a health fair, Sept. 29, from 10 a.m. to 2 p.m., at the clinic on Ledward Barracks. The fair offers information about health benefits and medical services available to the community. Get valuable answers to all questions about health care in and around Schweinfurt. For more, call DSN 354-7901, CIV 09721-96-7901.

Library events

Every Wednesday Ledward Library offers: Soldier In-Processing Class at 9:30 a.m., Children's Story Time & Crafts at 10 a.m., the Edge Meeting from 3:30 to 5:30 p.m. and a Zeens for Teens meeting from 5:30 to 6:30 p.m. For more, call DSN 354-1740, CIV 09721-96-1740.

Library Book Club

Ledward Library invites you to their next book club meeting, Sept. 29, at 5:15 p.m. Join in for great conversations, socialize and enjoy coffee, tea and treats. The book featured will be "Monique and the Mango Rains" by Kris Holloway. For more, call DSN 354-1740, CIV 09721-96-1740.

Kris Allen in concert

2009 American Idol winner Kris Allen performs live in concert, Sept. 30, at 7 p.m. at Finney Fitness Center on Conn Barracks. Allen is well-known for his top-ranked Billboard singles "No Boundaries" and "Heartless." This event is free to all I.D. card holders and their guests. For more, call DSN 353-6762, CIV 09721-96-6762.

Operation Clean Sweep

Volunteer to spruce up Askren Manor. Meet at the commissary for this month's Clean Sweep, Oct. 2, at 9 a.m. Making our housing areas better places to live is a responsibility we all share. Join the community in coming out to help make a difference.

German day of unity

The nation of Germany commemorates the unification of East and West Germany, Oct. 3. Please be advised that opening hours of shops and restaurants on the economy may vary for this day.

Holiday Greetings

A broadcast team from the Joint Hometown News Service will be at the PX on Ledward Barracks, Oct. 7, from 9 a.m. to 5 p.m. Service members and civilians are invited to tape greetings which will be aired on local network stateside during the holiday season. So pump up your holiday spirit and seize this exclu-

sive chance to show your family members how much you love them. Show up for taping in uniform and bring the addresses of family members to determine where your greetings will be aired. For more, call CIV 09721-80-8814.

Children's chess club

The Ledward Library offers a chess club for children in grades four to six. Looking to be the next grand master? Start early! This classic game of strategy boosts problem solving skills and cognitive thinking. The club meets every Thursday with the next meeting being held Oct. 7, from 4 to 6 p.m. at the library. Spaces are limited, so sign up in advance. For more, call DSN 354-1740, CIV 09721-96-1740.

Auto Skills 101

The Conn Auto Skills Center offers a class on advanced bodywork, Oct. 7, at 7 p.m. The class is free for all I.D. card holders. Learn to repair your own car and acquire valuable skills. The Auto Skills Center is located in Bldg. 49 on Conn Barracks. For more, call DSN 353-8224, CIV 09721-96-8224.

BOSS events

The award-winning Better Opportunities for Single Soldiers program offers numerous programs. Come to the next Movie night, Oct. 7, starting at 6 p.m., or join them for their next meet & greet, Oct. 14, at 1 p.m. The next BOSS meeting will be held Oct. 12, starting at 2 p.m. All events are free and held at the Finney Recreation Center, Bldg. 64 on Conn Barracks. For more, call DSN 354-8476, CIV 09721-96-8476.

Prague trip with BOSS

BOSS is organizing a trip to Prague, the capital of the Czech Republic and one of Europe's best-preserved medieval cities, from Oct. 9 to 11. The cost is €198 per person for double occupancy or €267 for a single room, and includes transportation, two nights in a four-star downtown hotel with breakfast, a guided city tour, and a medieval dinner. Space is limited to 30 participants only. Sign up in advance to secure your spot. For more, call DSN 353-8476, CIV 09721-96-8476.

Thrill rides with ODR

Outdoor Recreation is offering a trip to Bavaria's leading amusement park, Geiselwind, Oct. 9. The park boasts roller coasters, rides and other attractions. Cost for the trip is \$10, including transportation departing at 9 a.m. from ODR and returning there at 5 p.m. Please

bring euros for admission fees and personal expenses. ODR is located on Conn Barracks, Bldg. 50. For more, call DSN 353-8080, CIV 09721-96-8080.

Maria Costa performance

Maria Costa's "Macho Men and the Women Who Love Them" will perform in Schweinfurt at the Finney Fitness Center, Oct. 9 at 7 p.m. Her comedic dance act is open to all I.D. card holders. For more, call DSN 354-6225, CIV 09721-96-6225.

Commissary closure

The Schweinfurt Commissary will be closed Oct. 11 to 13, resuming normal opening hours, Oct. 14.

Women's volleyball league

All interested ID cardholders age 18 and above can register at Kessler Fitness Center now through Oct. 12 for women's recreational volleyball league. The first coaches and player's meeting is held Oct. 12 at 6 p.m. and the season starts Oct. 24 with games played on Mondays and Wednesdays at Kessler Fitness Center. For more, call DSN 354-6735, CIV 09721-96-6735.

Weight loss support group

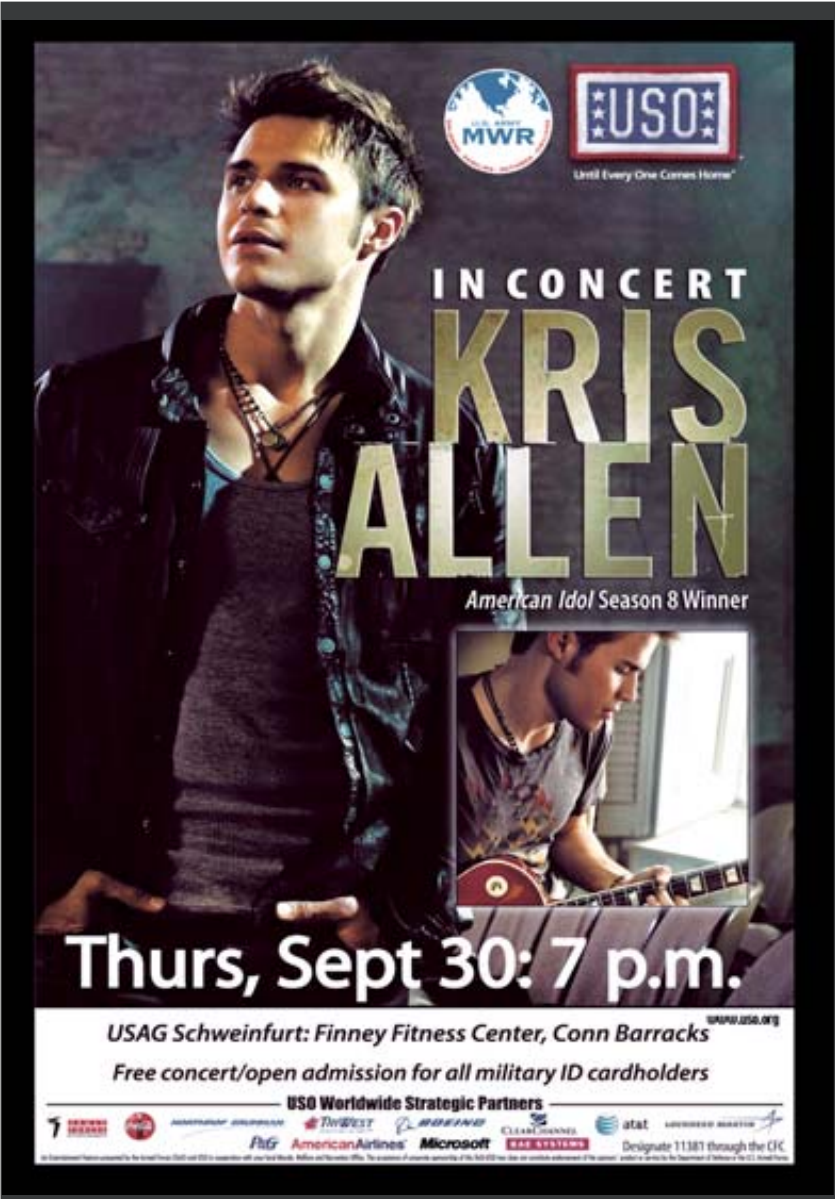
Attention: the WIC weight loss support group is back from a summer break. Come to learn valuable information, get answers to nutrition and health-related questions, and find community support for your weight loss goals. The group meets Oct. 12, at noon, at the Yellow Ribbon Room on Ledward Barracks. This group is open to all I.D. card holders aged 12 and above. WIC membership is not required. For more, call DSN 354-6791, CIV 09721-96-6791.

Traffic delay on 303

Be advised that B303 will be under construction now through Oct. 15. The road will be closed temporarily on several days during this time and traffic will be rerouted. Please take this into consideration when traveling to and from work.

European Seminar

The Bavarian State Government sponsors the 29th annual European Seminar, Nov. 17-18, near Bamberg, focusing on security issues of the Trans-Atlantic partnership. The Seminar is geared toward Field Grade Officers (but not limited to) and their civilian counterparts stationed in Bavaria. Space is limited and nominees will be selected on a first come first serve basis. For more, call CIV 089-2805583/84 or 0171-3076906.



IN CONCERT
KRIS ALLEN
American Idol Season 8 Winner

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USAG Schweinfurt: Finney Fitness Center, Conn Barracks

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Lakes and lore abound in

Gunzenhausen

Boating on the Altmuehlsee includes private and rental sailboats, passenger boats, paddleboats, canoes and kayaks. The canal between the Almeuhlsee and the Danube is a common boaters' excursion.

Story and photos by

Gini Sinclair

USAG Ansbach Public Affairs

The Frankischen Seenland is a water sports enthusiast's dream. Less than an hour south of Ansbach lies more than 30 square kilometers of lakes with the city of Gunzenhausen serving as the doorway to the Altmuehlsee. The city is a health resort of 17,000 people located on the southern tip of the Altmuehlsee.

Gunzenhausen is a former Roman settlement, the Roman Limes extended to that area around A.D. 200. Today, visitors will find a combination of the ancient and the new Germany. In the city center many stores sell modern products, while a farmer's market operates in the square. Restaurants on the market square have seating outside giving visitors a chance to relax and enjoy some Fraenkische specialties, such as Fraenkische bratwurst, schaeufele (ribs) or karpfen (carp), amid the historical surroundings.

The town's city hall, located on the market square, was built in 1621 as a residence for two noblemen's families. Since 1974 the building has served as the town hall. A 17th century building houses the tourist office. The city museum, Zocha-Palais, is housed in a baroque palace built in 1706.

Three towers remain from the days of the walled city of Gunzenhausen. The Blasturm, built in 1603, sits next to an area of the city wall that still contains a wall-walk. The room upstairs has served as a location for concerts, which is where the name comes from. The upstairs room is

open and on a clear day visitors have a wonderful view of the surrounding countryside.

The Storchenturm was built in 1450 and today belongs to the Gunzenhausen family as a private residence.

The Faerberturm dates from the 14th century and is also open to visitors who are willing to hike the stairs to get a view of the town and its surroundings. The Faerberturm, which refers to the tower's last known function when it was used by a dye works company ("farber" means "color" in German). It was originally used to store gunpowder and called the Pulverturm. Later, it was called the Diebsturm (Thieves Tower).

After walking through the town a detour to the east of town into the Burgstallwald (Burgstall Forest) gives visitors a chance to see the remains of two watchtowers built by the Romans when they lived in that area.

In addition, the area around Gunzenhausen and the Altmuehlsee boasts more than 300 kilometers of cycling and hiking paths. Visitors can also rent paddleboats for a relaxing stroll on the lakes.

For those who are ready to rest and let someone else do the driving, passenger boats offer excursions around the lake as well. A windsurfing center offers lessons on the Altmuehlsee, and beaches provide places to enjoy the sun and sand. Fishing places abound along the shores and in the nooks and crannies of the lakes.

Near the Altmuehlsee are lakes known as the Kleiner Brombachsee, the Grosser Brombachsee and the

Igelsbach See. Farther to the east lies another lake known as the Rothsee.

The lakes today are all part of a system built when the Rhine-Danube river system was formed. Between Berching and Kelheim, a 180-foot wide by 13-foot deep canal helps complete the link from the Danube to the Rhine. Kayakers and boaters can travel down the canal to the Danube and excursion boats offer trips down the Altmuehlsee to the Danube.

A number of vacation houses, apartments and rooms can be found in the area. Also available are camping facilities and parking spots for recreational vehicles.



Above: The farmer's market, a tradition dating back to before the Middle Ages, is set up in the city center in Gunzenhausen. Most of the produce available at farmer's markets is locally grown. Above right: The Faerberturm (dye factory tower) is located near the city center of Gunzenhausen. Visitors can climb to the top of the tower, which was built in the 14th century, for spectacular view of the town and surrounding areas. It was originally used to store gunpowder and called the Pulverturm.

5 injured Soldiers find scuba solace

by Nathan Van Schaik

USAG Schweinfurt Public Affairs

Six months of underwater scuba training culminated in diver certifications for five Soldiers from Charlie Company, Warrior Transition Battalion-Europe, at a ceremony held on Ledward Barracks.

Specs. Jake Altman and William Howell, Sgts. Jason Baker and David Fowler, and Sgt. 1st Class Brock Strickland all received their diver certification cards, Sept. 1.

"This was something I always wanted to do my entire life," said Altman, who was injured by an improvised explosive device during Operation Iraqi Freedom 06-08.

"This assured me that I'm capable of doing things and that I'm not limited by the injuries I have," said Fowler. "What most people consider handicaps, I now consider as new challenges to face."

"Having been struck with IEDs, I look at myself in a new perspective," said Baker. "Instead of looking at myself before my disabilities, now I look at myself as what I can do about my future."

Organizers said that the scuba classes were designed to help improve the lives of injured veterans returning from Iraq and Afghanistan.

The program was modeled after the Soldiers Undertaking Disabled Scuba (SUDS) program at Walter Reed Army Medical Center and National Naval Medical Center at Bethesda, Md., according to Staff



Photo by Johannes Herpich

Spc. Jake Altman from Charlie Company, Warrior Transition Battalion-Europe in Schweinfurt, receives his diver certification card from dive instructor Gabbi Knorr at Ledward Barracks, Sept. 1.

Sgt. Stephen Gagne who, along with Staff Sgt. Josh Kennedy — both divers and WTB-E cadres — breathed life into the program months ago.

"We kicked around the idea of having a SUDS program here in the summer of 2009," Gagne said. "Unfortunately, we had to do this from the ground up."

The wounded Soldiers' first dives came in the early spring of 2009. Actual certification, however, was met head-on with more setbacks such as funding, according to Gagne.

"One of the hardest things about the program was finding a dive school that was willing to bend to the needs of the Soldiers," said Jeff Franklin, a disabled veteran and diver who put the cadres in touch with a local dive school willing to work with the Soldiers' schedule and disabilities.

Gabbi Knorr, a certified dive instructor and owner of her own shop in Schweinfurt, instructed the Soldiers.

"It was very different," she said regarding her time in the water with the wounded Soldiers. "We had to be

careful with different injuries which we had to overcome. We had to be creative and we did that with special equipment like special fins."

Despite the obstacles, time beneath the water proved well worth the effort.

"The most impressive thing I've witnessed is the families coming back together," added Franklin. "It's turned into a family-oriented event."

"It's absolutely been therapeutic," said Strickland. "It's a tranquil and peaceful experience. When you're underwater you don't hear anything except the bubbles coming out of your regulator. And it really puts you at ease and calms you down. You become one with your surroundings."

Cathy Foley agreed.

Foley is a counselor at the Schweinfurt garrison with a professional background in the treatment of post-traumatic stress disorder. Wounded Soldiers with whom she has spoken have indicated a positive reaction to the solace provided by the water.

"Anytime you have someone who has been through trauma and their life has been disrupted and you add positive recreational activities, it encourages the healing process," Foley said. "So scuba diving is an opportunity to engage with others without warrior concerns."

"Healing begins and empowerment begins. You're making them strong again," said Foley.

"Water is tranquil and provides support," she said. "We're all equal in water."

Training center just got better

Predeployment MRAP egress training critical to saving lives

by Nathan Van Schaik

USAG Schweinfurt Public Affairs

Training Support Center in Schweinfurt, part of Joint Multinational Training Command, recently added another state of the art simulator to its already robust collection aimed at training Soldiers prior to deployment. The trainer is specifically designed to sharpen Soldiers' skills behind the wheel of mine-resistant, ambush-protected (MRAP) vehicles.

"The trainer provides Soldiers with the opportunity to train in their rollover drills," said John Melin, the instructor and operator of the MRAP Egress Trainer, or MET. "It supports egress training and provides crewmembers the confidence needed to safely egress the vehicle in the event of a rollover — before they ever have to do it in a hostile environment."

MRAP vehicles represent the Pentagon's latest attempts to cope with improvised explosive devices in the battlefield. The armored V-shaped hull deflects the effects of IEDs away from Soldiers riding in the vehicles, according to the DoD website.

The training system consists of a simulated vehicle cab, an instructor and operator station, a visual monitoring system and a speaker system so that voice commands can be provided to and heard from the vehicle crewmembers.

Army officials have discovered that since utilization of the egress trainers began, serious injuries caused by rollovers have been reduced by 80 percent, according to Melin.

The MET is only one of four such trainers in the U.S. Army — Europe arena, said Melin. There are similar trainers in Grafenwoehr, Hohenfels and Baumholder.

"This is just another addition to our simulators," said Bernard Ahlers, a training resource specialist and acting chief of Training Support Center — Schweinfurt. "The simulator was mandated through JMTC to enhance training for Soldiers before they deploy."

Schweinfurt's MET is located at Camp Robertson, the third largest training area in Germany behind Grafenwoehr and Hohenfels. Tenant unit commanders interested in using the trainer should contact the training support center at DSN 353-8540, CIV 09721-96-8540 or visit the support center page at www.TeamSchweinfurt.com.

Language barrier no challenge for children

Exchange program eases children into new school year

by Eva Bergmann

USAG Schweinfurt Public Affairs

Child Youth and School Services partnered with the German Bundeswehr to offer a unique German-American military children exchange program during school vacation. A total of 60 children from both the U.S. and German armies came together to play and learn from one another.

Originally a German event designed to provide day care during summer vacation, the program was joined by CYSS last year. Due to its success, the exchange was expanded to a full week this year, giving children a better chance to get to know their counterparts.

During the first half of the week, American children visited their German friends at a military training facility in Hammelburg. There, they practiced using fire extinguishers, rode in military trucks, completed a dark labyrinth tour and even spent the night in military tents.

Afterward, the group relocated to the School Age Center on Askren Manor. Activities included a visit to a farm museum in Fuchsstadt and trips to the Schweinfurt Wildpark and Tripsdrill amusement park.

Surprisingly for some of the care givers, the language barrier seemed to pose little to no problem.



Courtesy photo

Child Youth and School Services partnered with the German Bundeswehr to offer a unique German-American military children exchange program during school vacation. One of the highlights was a working dog show.

"The children didn't need to talk much to get along very well," explained Bundeswehr Sgt. Marcus Hausdorf. "The kids mixed right away and played without hesitation. It was great to watch the two different cultures mix and I think it was also a great experience for the children."

While most children favored the high action components of the program, some of the long-term

benefits were only discovered after the week was over. Being in a familiar military environment, but at the same time exploring a different culture, encouraged the children to overcome potential fears.

"There's a lot of anxiety when kids have to move from fifth grade to sixth grade, because they are going to be in middle school then," explained Daniel Jones, CYSS youth sports and fitness director. "By doing this camp before the school started, I think a lot of the kids broke out of that shyness. It helps them to see that life is really not that scary outside of fifth grade."

"This is a long-lasting effect and doesn't only pertain to this situation," Jones added.

"The children make a lot of life-changing experiences. It builds resilience and makes you a stronger person, when you are able to overcome obstacles and to integrate into another group without the fear holding you back."

Enjoying games and adventures brought the children closer together, but the organizers aimed beyond short-term fun.

"In an increasingly globalized world, we need each other more and more," said Bundeswehr Lt. Col. Jens Schmer, emphasizing the need to strengthen alliances. "The principle rings true even among children. I believe it's also a good gesture to support children, especially children of our American friends, because their parents might be in Iraq or Afghanistan and this is a chance for us to show our support and appreciation."

Schweinfurt recreation personnel win quality of life awards

Story and photo by

Eva Bergmann

USAG Schweinfurt Public Affairs

Every year the Armed Forces Recreation Society presents awards in nine categories to professionals in the recreation field for significantly improving quality of life within military communities.

This year three of these awards went to Family and Morale, Welfare and Recreation personnel of U.S. Army Garrison Schweinfurt — a high score, which speaks for the outstanding services these individuals provide for our community.

Thomas Woditsch

Thomas Woditsch, Auto Skills program director, was awarded the John "Pat" Harden Practitioner Award recognizing excellence among armed forces recreation employees who have been in a supervisory position for up to seven years.

Woditsch focused on optimizing vendor relations and efficiency to



From left, Thomas Woditsch, Silvia Joiner and David Coldwell were selected to receive awards from the Armed Forces Recreation Society for significantly improving the quality of life of Soldiers and family members in Schweinfurt.

cut costs, promoted cross-training of Auto Skills Center personnel to increase operations flexibility and managed to double the branch's profits.

Funds were reinvested to provide patrons with state of the art technical equipment and top notch classes, some of which are unique for an FMWR Auto Skills Center.

"My goal is that the people that come to the Auto Skills Center leave with much more knowledge than when they came in," said Woditsch. "That people, who are afraid of automobiles, go away without being scared about them when they leave and that they are able to do their own work on their vehicle, to save them money and extend their resources for themselves," he explained.

Silvia Joiner

Silvia Joiner, recreation specialist for the Finney Recreation Center, was awarded the Fellow Award recognizing individuals overseeing and implementing recreation programs in the armed forces.

Working for FMWR for more than 20 years, Joiner initiated renovations at Finney Recreation Center, implemented the free Internet cafe and supported countless programs, such as the BOSS program, which she managed since its inception in 1989.

She ranks among her greatest achievements taking care of single

Soldiers, especially after deployments, as well as improving the quality of life for all community members. The strong participation and multiple awards she has achieved are proof of her success, but Joiner hasn't rested on such accomplishments.

"With the feedback we got through BOSS and the recreation center programs, we're now establishing a Warrior Zone on Ledward," explained Joiner excitedly. "It will be a facility for Soldiers and their adult guests. It's a place where they can just hang out and relax after work."

The Warrior Zone is scheduled to open Nov. 26 on Ledward Barracks, and will feature pool tables, high-tech gaming equipment and more. Also, entertainment events are planned for the weekends.

David Coldwell

David Coldwell, supervisory sports specialist, was awarded the Executive Fellow Award recognizing accomplishments in recreation program management.

Coldwell understands the importance of sports as essential part of quality of life. He initiated renovations at both fitness centers and acquired modern training and entertainment equipment.

He promoted a functional fitness readiness program, specifically supporting Soldier fitness for deployments, and implemented a family fitness room for families to work out while watching the kids. Free fitness classes tailored to community's needs complete the well-rounded services.

"My vision is to make the fitness center world class fitness centers and offer world class fitness programs," Coldwell explained. "It makes it easier for Soldiers or families to come over from the states and it helps them to feel at home."

The AFRS awards will be presented during this year's National Recreation and Parks Association Congress in Minneapolis, Minn., Oct. 25. USAG Schweinfurt congratulates all winners and highly appreciates their outstanding performance.

‘Reflections of Generosity’ memorializes 9-11

Story and photos by

Gini Sinclair

USAG Ansbach Public Affairs

Since Sept. 11, 2001, when planes struck the towers in New York City, the Pentagon and crashed in a field in Pennsylvania, Americans have taken time to remember that day. This year, the U.S. Army Garrison Ansbach remembrance turned to art and artists as a way to observe the events of that day and the years since.

A group of Americans and Germans met at the Von Steuben on Bismarck Kaserne in Ansbach, Sept. 11, to take part in an art reception called Reflections of Generosity. Sgt. Ron Kelsey, who works for the U.S. Army Europe Command Sgt. Maj. Thomas R. Capel, used his contacts as an artist to put together an exhibit which he has brought to Ansbach.

According to Kelsey each of the pieces were donated by artists in memory of the events of Sept. 11, 2001, in the United States.

Before touring the exhibit guests listened to remarks by Col. Christopher Hickey, commander, USAG Ansbach, and Kelsey. Following the remarks, Gerda Liebmann, one of the artists whose work was on display, conducted a candle-lighting ceremony. Sgt. Daniel Bullock, Better Opportunities for Single Soldiers representative, USAG Ansbach, recited a poem he wrote called “Off to War.” Kyla Kelsey, wife of Sgt. Kelsey, and musical director for the exhibit sang several



Spc. Michelle Johnson, Katterbach Health Clinic, talks with 1st Lt. Frantz Germain and Maj. Dennis Collins, both of 12th Combat Aviation Battalion. Johnson explains her artwork as expressions of a “dead man’s profile” she acquired two years ago due to an illness.

songs including one she wrote, “Love Life,” about 9/11.

Sandra Ceas, an American artist whose work was on display, spoke about how art allows a person to step back and reflect. She said materials in composition speak directly to nonverbal memory, which makes art, not a translation of verbal thought, but rather its own reality – a space for your projection, interaction and reflection. Ceas carved a number of doves, which she said she views as a symbol of hope and a gift from God. She invited members of the audience to take a dove with them, use it for reflection and pass it on when they no longer need it.

The exhibit consists of over 50 different pieces of sculpture, photography, music, painting, silk screening and poetry. Nine of the artists

whose work was on display were local artists, while other works were donated by artists in Romania, Japan, South Africa, Canada, Switzerland, Spain, Germany and the United States. The exhibit included a selection of books about 9/11 that are available through the local library system.

As part of the exhibit more than 500 CD covers were submitted by various artists.

The music in the CD was all selected by Kyla Kelsey and all CDs are provided free to guests. Kelsey also donated copies of his book to those who attend the exhibit.

The following day, Sept. 12, the exhibit opened again, but this time guests were invited to view the artwork and other displays without the ceremonial portion of the event held on the day before. Kelsey



Kyla Kelsey, musical director for the “Reflections of Generosity,” sings a song she composed called “Love Life,” which is about Sept. 11, 2001. Kelsey is married to Sgt. Ron Kelsey, the artist who organized the exhibit. She is also the music leader for the chapel on Storck Barracks.

and other artists were unable to attend both events.

Sgt. Kelsey was in New York City, Sept. 11, 2001, and saw firsthand the events of that day. At the time he was in the U.S. Army Reserve, but later joined the active duty Army. While on deployment to Iraq he decided to write his own book of essays, which he published and called Reflections of Generosity. About two years ago, he began an international arts movement called International Creative Network. The International

Creative Network produces books and prints. Kelsey sent out a request for donations to the art community.

At that time Kelsey was stationed at Fort Drum, N.Y., with the 10th Mountain Division. His first show took place at Fort Drum. Kelsey then moved to Ansbach where he spent a year as a personnel specialist with the 2nd Battalion, 159th Aviation Regiment. Kelsey brought the art exhibit from Fort Drum to Ansbach and while working here he began coordinating having the

exhibit shown in Ansbach.

Two months ago he was selected to work for the command sergeant major at USA-REUR, but continued with his plans to show the collection here. Kyla Kelsey is still a member of the USAG Ansbach, working at the chapel in Storck Barracks as a music leader.

Kelsey is already making plans to show the exhibit in Heidelberg in January 2011. He hopes to be able to bring the exhibit to as many Soldiers as possible.



Above: Heedless of the rain, children from the Katterbach housing area and Ansbach Elementary School, enjoy the new playground structures, Sept. 14.

Left: Master Sgt. Tina Gray helps her daughter, Tiana Jackson, 5, on the rings of the Katterbach’s new playground.

New playground opens at Katterbach Kaserne

Story and photos by

Ron Toland

USAG Ansbach Public Affairs

Even the rain could not stop the new playground in the Katterbach housing area opening to children and families, recently.

“The newly renovated and updated playground project cost close to one million dollars,” said Rainer Kronbach, a contractor who oversaw the project.

“This shows progress for the garrison and its commitment to families,” said Sgt. 1st Class Calvin McCrary, who coordinated the opening.

Although the \$1 million price tag seems steep, it really pays off for families.

“This community has needed this for a long time which enables people to come together, get out of the stairwells and meet, for the children to be active and for families to interact,” said Col. Christopher Hickey,

USAG Ansbach garrison commander.

“It is wonderful, it’s a nice place for kids to come and play, and it’s safe — they can really have a good time without getting hurt,” said Master Sgt. Tina Gray, as her 5-year-old was playing. “It is really awesome and is a place for parents and kids to come together. It promotes cohesiveness in the community,” she said.

“We wanted to keep the rocket,” said Glenda Brown, chief of housing for the Ansbach Garrison. “The old ground had good structure and location already, but now has expanded, and serves the community and children well. It is just as colorful as the one on Storck, plus it has a helicopter.”

“It’s awesome,” said Erica Harris, 10. “We have not seen the rocket part in a while. Now it’s really updated and really cool for all kids.”

“This is the best playground ever,” said 7-year-old Cesar Garcia.

Energy conservation, savings are top priority at Ansbach

by Ron Toland

USAG Ansbach Public Affairs

Saving energy and resources was not thought about too much in the past. We burned lights and wasted power, and ran water while brushing our teeth without considering the waste of energy.

But today, saving resources and energy is front and center in everyone’s mind, and has become an issue we have to proactively address.

With the world now “going green” and increased demands on financial and natural resources, we can all do our part to not only save energy, but also the associated costs. Many organizations and governments are making a commitment to reducing carbon footprints.

And the Installation Management Command leadership stated that when observing energy projects around installations, the commitment to preserving energy is evident.

“With all the construction projects that are currently underway in USAG Ansbach, part of the planning process involved in the projects is integrating ways of preserving resources for the future,” said Regina Kranz, utility engineer, energy manager at the directorate of public works for the Ansbach garrison.

According to the January 2009 Army Energy Security Implementation Strategy, which has a section focused on energy efficiency and security, the keys to success are reducing energy and water consumption, increasing energy and water efficiency, modernizing infrastructure, and developing renewable and alternative energy supplies.

“In energy, our (Ansbach Garrison) savings in the first three quarters of the current fiscal year, compared to the same of last year, is 9.2 percent savings, which is about \$1,110,000,” explained Kranz.

“With water, our savings in the first three quarters of this fiscal year, compared to the same of last year, is 6.9 percent savings, about \$70,000,” she added.

However, IMCOM leaders say there is still a lot of work to be done.

“I have always said that vision without resources is hallucination,” said Lt. Gen. Rick Lynch, commanding general, U.S. Army Installation Management and assistant chief of staff for the Installation Management, in a recent news release, “so the energy portfolio also lists a number of resource opportunities. These include Army

and private programs, contracts and other vehicles through which installations can partner with private industry to gain expertise and resources to create innovative energy programs.

“Last year we spent \$1.3 billion for the installation utility bill, which includes electricity, steam, water and natural gas,” said Lynch.

“The Army spent \$4 billion for fuel and utilities — that is a large price tag for resources we do not control and that will run out eventually,” Lynch added.

The Ansbach garrison is taking action to reduce its carbon footprint.

According to facts obtained from Kranz, actual energy projects in the garrison include: installing utility meters garrisonwide and the use of solar energy to operate photovoltaic power plants within the garrison. As well, Energy Conservation Investment Program projects are also in progress, which include: replace existing heating room terminals (hot air blowers) with ceiling mounted radiant heating panels in hangars and maintenance facilities, and replacing chillers and air handling units within the flight simulator on Storck Barracks.

Other short-term energy actions Kranz discussed are: the replacement of street lighting on the Katterbach housing and clinic area roads, walkways and bike paths to convert them to LED lighting for energy conservation, and removing light bulbs as additional energy savings measures.

“What we have on the horizon for future energy projects is to investigate the possibility of installing solar systems to generate hot water within troop billets and to implement recommendations from headquarters IMCOM,” she Kranz.

Additional energy efficiency and renewable energy sources projects she mentioned are the use of solar energy to produce hot water for baths and showers; use of geothermal heat and retain rain water for its reuse in townhouses, the commissary, Army lodging and AAFES facilities.

By conserving energy, garrison leadership believes everyone can have an impact, now and for the future benefit of the garrison.

“We need to conserve our energy resources,” said Col. Christopher Hickey, USAG Ansbach garrison commander. “Not only is saving these resources in itself important, but by doing so, it does our part in reducing energy expenditure and saves our garrison funding. If we can save our money by saving resources, we’ll have more funds for garrison improvements and developments.”

Energy tip: Building entrance doors are potential sources of heat loss; keep them closed at all times.

Kontakt Club gives Polish Cemetery some TLC



Photos by Norbert Wittl

Members of the Kontakt Club, Edith Vogel, left, and Sgt. 1st Class Jeffrey Worden work on the Polish Cemetery as part of the service project to make the cemetery more presentable for visitors. Seventeen members participated.

Members of German-American club team up for service project

by U.S. Army Garrison
Hohenfels Public Affairs
News Release

Members of the Hohenfels German-American Kontakt club met at the Polish Cemetery to clean up the area as part of a service project, Sept. 18.

The 17 club members who participated in the project spent the morning and afternoon cutting and raking grass and cleaning up around the grave stones.

At noon, the Joint Multinational Readiness Center Commander Col.

John Spiszer and his wife Melissa took sandwiches and drinks donated by the Casino Cantina to the workers.

By 2 p.m. the project was complete and the "sweat-covered volunteers left the cemetery looking good for visitors and Box Tour participants," said Norbert Wittl, USAG Hohenfels public affairs specialist.

The Polish Cemetery was established during World War II for Polish prisoners of war that died during their incarceration at the POW camp.

The Kontakt Club is an Army-sponsored organization that gives Soldiers, civilians and their families an opportunity to share their culture and interests with their German hosts and citizens of other countries. The club plans a variety of activities each month and everyone is invited to participate.



Above: Members of the Hohenfels Kontakt Club rake weeds in the Polish Cemetery as part of the service project to make the cemetery more presentable for visitors.

Right: A view of the Polish Cemetery at Hohenfels Training Area after members of the Kontakt Club finished the service project, which involved cutting and raking grass and weeds.



Construction team exercise prepares for deployment

Story and photo by
Pfc. David W. Huddleston
18th Eng. Bde. Public Affairs

Soldiers from the 21st Theater Sustainment Command's 243rd Construction Management Team prepared for their upcoming deployment by conducting their Mission Readiness Exercise at the Hohenfels Training Area, recently.

The 243rd CMT, 18th Engineer Brigade, was assigned to directly support the 3rd Battalion, 4th Infantry Regiment and provided technical engineering and tactical expertise during exercise Task Force Warrior.

When asked about his experience during the MRE, Spc. Jason Villa, a 243rd CMT technical engineer specialist, said a couple of their missions were delayed "because enemy contact came upon us."

Villa said he now has a better understanding about how to react to contact because of the training he received during the MRE. During one such scenario, his convoy was hit by an improvised explosive device,

and he had to employ Combat Lifesaver techniques and perform a casualty evacuation.

Throughout the exercise, 243rd CMT provided facility management by conducting a baseline survey of the installation to prepare for future construction.

Outside of their FOB, Soldiers provided multiple assessments of roads and of a well that was built for a local village. To do this kind of work the 243rd CMT used the Trimble Automated Integrated Survey Instrument to calculate differences in elevation and the Trimble Global Positioning System.

Pvt. Kenneth Joyner, a 243rd CMT technical engineer specialist, said that during the development of a road survey, their team encountered a potential IED, which then caused a setback in the progression of their mission.

This and other scenarios provided the 243rd CMT with realistic training and gave the Soldiers the knowledge and confidence to adapt to and overcome any obstacle.

"One of the great things we were able to do was practice key leader engagement," said Maj. Aaron Wolf, 243rd CMT commander.

Wolf said during these engagements, the noncommissioned officers went out with the company commanders and experienced how to communicate with the scenario role players in the village outside the base.

After these meetings with the locals, unit leaders were then able to return to their Soldiers and create a more comprehensive picture of their battle space, assist the locals in the development of their village and resolve any problems that may have existed.

"I now have a better understanding of what to expect, and I'm more confident," said Joyner.

Statements such as these prove the MRE was a success for the Soldiers of the 243rd CMT, who said the MRE provided invaluable training and knowledge to all and better prepared them for their upcoming deployment.



Spc. Jason Villa, a technical engineer specialist for 243rd Construction Management Team, 18th Engineer Brigade, 21st Theater Sustainment Command of Scottsdale, Ariz., conducts a baseline survey during the unit's Mission Readiness Exercise, Aug. 8, in Hohenfels, Germany. The 243rd CMT provided technical engineering and tactical support for the 3rd Battalion, 4th Infantry Regiment while conducting baseline surveys and multiple road assessments.

Making the most of your energy dollars

The on-post electrical rate is \$0.16 per kWh from 8 a.m.-8 p.m., and \$0.065 per kWh from 8 p.m.-8 a.m. Use major appliances such as washers and dryers during the low electricity rate hours (8 p.m. to 8 a.m.).

Use energy saving light bulbs. They are free at your Self Help Store.

Turn off lights in all unoccupied rooms and ensure exterior lights are turned off during day time.

Report leaky or damaged windows to your Single Soldiers Housing Office. Check out with your DPW Self Help on small repairs.

The most comfortable way of staying warm is to heat your room uniformly throughout the winter time. Setting the thermostat valve of your heating at 3 to 4 will not only provide the most comfortable warmth, it saves heating cost and eliminates the need for changing the heat settings.

For air exchange open the windows only for a short time. The rule of thumb is open a window 3 to 5 minutes. Never leave the windows open or tilted for more than 15 minutes! Leaving the windows open or tilted for long not only lets the heat escape but at the same time cold air hit on the walls causing increased humidity and vapor formation; an ideal condition for mildew buildup.

Army gets prepared

by U.S. Army Garrison
Hohenfels Public Affairs
News Release

September is National Preparedness Month, a nationwide effort sponsored by the Federal Emergency Management Agency's Ready Campaign in partnership with Citizen Corps.

"The U.S. Army Garrison Hohenfels is pleased to be taking part in this nationwide effort to help the Hohenfels military community prepare for emergencies," said Tom Janis. "This year, NPM focuses on encouraging you and other Americans to take active steps toward getting involved and becoming prepared."

"Preparedness is everyone's responsibility. We have to work together, as a team, to ensure that

individuals, families, and communities are ready," said Janis.

According to Janis the keys to preparedness are to make a plan, get an emergency supply kit, stay informed, and work together as a team to keep everyone safe.

"We're taking steps as a community to become educated, trained and better prepared, and we urge you to take time this month to do the same at home, for your community. Take simple steps to better prepare yourself and your family."

For more information about Ready Army visit www.ready.gov or www.ready.army.mil and www.citizencorps.gov to explore ways that you can get involved in your community. For more information call Tom Janis, garrison emergency manager, at DSN 466-2503.

JMRC Soldiers receive Bronze Stars for Valor



Widel

Photos by Staff Sgt. Adam Mancini

Above: Cpl. Isaiah Davidson, Bravo Company, 1-4th Infantry Regiment receives the Bronze Star Medal with Valor Device for going above the call of duty in Afghanistan from Gen. Carter F. Ham, commanding general, U. S. Army Europe, during an awards ceremony at the Joint Multinational Readiness Center, Sept. 17. Above right inset: Sgt. Curtis Widel, Bravo Co., 1-4th Infantry Regiment, also received the Bronze Star Medal with Valor Device from Ham for his exceptionally valorous actions while under enemy fire in Afghanistan. The Bronze Star Medal with V-device is the U.S. Army’s fourth highest combat decoration. Above right: (Then) Spc. Widel gives a hand signal to his team during a dismount patrol near Forward Operation Base Lane, Zabul Province, Afghanistan, Feb. 26, 2009.

Two Hohenfels Soldiers prove capable under fire

by Ron Elliott
JMRC Public Affairs

Two Soldiers from 1st Battalion, 4th Infantry Regiment, were presented the Bronze Star Medal with Valor device for their exceptionally valorous actions while under enemy fire by Gen. Carter F. Ham, commanding general, U.S. Army Europe, during an awards ceremony at the Joint Multinational Readiness Center, Sept. 17.

The Bronze Star Medal with V-device, the U.S. Army’s fourth highest combat decoration, is awarded to Soldiers who displayed selfless acts of bravery and heroism during direct combat with enemy forces.

Sgt. Curtis Widel and Cpl. Isaiah Davidson received the awards for their actions while deployed in support of the International Security Assistance Force mission in Afghanistan with B Company, 1-4th Infantry from Hohenfels. Although their awards were for separate incidents, both Soldiers’ selfless and valorous actions saved the lives of many of their fellow Soldiers.

Ham, who made the trip from Heidelberg to Hohenfels to personally present the Soldiers their awards, said awarding the medals to Widel and Davidson was an honor for him.

“As a general you get to do a lot of great things. However, nothing tops the opportunity to honor and recognize two great American Soldiers for valor in combat, for bravery under fire, for excellence in service and personal sacrifice,” Ham told the audience.

He went on to say that Widel and Davidson

exemplified the very best of the Army and were just the latest in a long line of heroes that have come from the “Warrior Battalion.”

“American Soldiers, unlike any others in the world have excelled under duress; they fight for each other; they persevere under hardship, and no one does it better than this battalion. Whether you’re in combat in Afghanistan or training the next unit to deploy, the Warrior Battalion sets the example,” said Ham.

“This battalion has always stood for excellence. It will always continue to set standards for discipline, excellence in training and victory in combat evidenced by these two great noncommissioned officers and what they have done,” he said.

The 1st Battalion, 4th Infantry Regiment, is the only conventional U.S. Army unit to maintain a continual presence in Afghanistan since

July 2006. It has deployed multiple company-sized elements along with members of the Romanian Land Forces, in support of the North Atlantic Treaty Organization and the International Security Assistance Force in the Zabul Province of Afghanistan.

Although both Soldiers graciously accepted the award, they emphasized they were just doing their jobs.

“I’m in the presence of heroes’ every day,” exclaimed Widel following the ceremony. “I am no more than the guy to my left and to my right. It came down to us just doing our job that day.”

Since 2006, more than 45 Soldiers from the Warrior Battalion have received awards for valor in combat.

For more information about the 1st Battalion, 4th Infantry Regiment, and the JMRC, visit www.jmrc.hqjmtc.army.mil.

USAREUR demonstrates new Lakotas

by Ron Elliott
JMRC Public Affairs

HOHENFELS, Germany — The Joint Multinational Readiness Center got a chance to demonstrate its new UH-72A Lakota light utility helicopters this week to delegates from the 56-member Organization for Security and Cooperation in Europe and 11 Partners for Co-operation countries during the U.S. Army Europe-hosted visit.

Twenty-three delegates from 17 countries were at the Hohenfels Training Area to watch as members of the Falcon Team presented a briefing and aerial demonstration of their new aircraft as required by the 1999 Vienna Document. The VDOC agreement requires members of the organization, which includes the U.S., to demonstrate major weapons within a year of their deployment in Europe. The delegation, composed of mostly European countries, also included delegates from Japan and the Russian Federation.

“The intent of this politically binding agreement is to promote trust and encourage openness between 56 member nations of the Organization for Security and Cooperation in Europe,” said Manny Gonzales, USAREUR treaty compliance officer. “It’s to build working relationships and understanding among the member nations and the Partner for Cooperation countries and shows the openness and transparency of what we have.”

The Joint Multinational Readiness center received five of the new helicopters in April, two in July, and is slated to receive the final three in November to bring the inventory to 10 at the training center. The Lakota, the newest aircraft in the U.S. Army’s inventory, is part of an ongoing Army-level effort to transform its aviation capability. They will replace the post’s aging fleet of 10 UH-1 Hueys, which entered service here more than 25 years ago.

“One of the key capabilities of the UH-72 is its multirole use and flex-



Photo by Spc. Gabriel Reza

Members of the 121st Medical Company (Air Ambulance), DC Army National Guard, center, explain the medevac configuration of the Army’s new UH-72A Lakota Light Utility Helicopters to delegates from the 56-member Organization for Security and Cooperation in Europe at the Joint Multinational Readiness Center in Hohenfels, Germany. The Falcon Team presented a briefing and aerial demonstration of their new aircraft as required by the 1999 Vienna Document. The VDOC agreement requires members of the organization, which includes the U.S., to demonstrate major weapons within a year of their deployment in Europe.

ibility,” Lt. Col. David Bristol, LUH product manager, told delegates. “It is a standard-package, off-the-shelf aircraft that can be used for a variety of missions.”

The helicopter, assembled by American Eurocopter in Columbus, Miss., entered service in June 2007. It can be crafted in five mission-specific variations. There is a VIP variant to fly senior leaders around; a medevac variant to conduct medical missions; two training center specific modifications and a security and

support configuration for homeland security. At the JMRC, the helicopter will be primarily be utilized for medevac, opposition force and observer/controller roles.

One of the three UH-72As displayed at the airfield here was fully equipped for its medevac role, outfitted with one stretcher and medical bags, as well as side-wall mounted suction equipment and systems to monitor patients’ vital signs. Two oxygen tanks installed on the inside of the helicopter’s rear clamshell doors

are supplemented by a cabin bag with additional oxygen.

The Army plans to acquire 345 UH-72As through 2015 and the service has ordered 187 of these helicopters so far, including five for the Navy. UH-72As are operated throughout the United States, as well as in Puerto Rico, Germany and at Kwajalein Atoll by active duty Army and Army National Guard units. USAREUR will receive 14 additional Lakotas in 2014 for medevac employment throughout Europe.

Hohenfels celebrates homecoming

by Andrew Mulvihill
USAG Hohenfels Public Affairs

Homecoming is an important high school event, and Hohenfels High School is no different. Every homecoming has at least two major events associated with it — the sporting events and then the dance.

Homecoming is the time in the fall sports season when most of the sports teams are playing home games.

This year, the Tigers play the Bamberg Barons at the school football field, Oct. 8. The booster club, which will be selling food and beverages at the game, encourages everyone in the community to come and support the team.

In addition, several events will take place the following day, Oct. 9, including:

- A tennis match versus the Vilseck Falcons at the Parsberg tennis courts;
- A volleyball game against the Heidelberg Lions and the Barons at the school gym and a cross country race involving the Barons, Falcons and the Ansbach Cougars at Bamberg.
- Homecoming dances will take place at the high school; the middle school dance is scheduled for 5-6:30 p.m., and the high school’s dance will run from 7-11 p.m.

For more information, call DSN 466-3162.



Garmisch CFC thermometer ready to rise



Garrison begins Combined Federal Campaign

Story and photo by

John Reese

USAG Garmisch Public Affairs

The USAG Garmisch's 2010 Combined Federal Campaign kicked off here, Sept. 20, offering federal civilians and military members of the garrison and tenant units the opportunity to contribute to any of more than 4,000 prescreened charities.

"'Noblesse oblige' translates to 'nobility obligates,'" said Connie Kislan, security reform strategist at the George C. Marshall Center. "In our case, we are the nobility — the wealthy of our time."

It is incumbent upon us who have the means to help those who do not have the means, added Kislan.

Daniel Maten of U.S. Army Garrison Garmisch Roads and Grounds installs the contribution "thermometer" at the front gate. The contribution blocks were reset to zero and will reflect the amount as it rises during the campaign.

During this recession, charities are in even more need of assistance due to the economic downturn. Garmisch CFC point man Alonzo Edwards, a security specialist and member of the Directorate of Plans, Training and Mobilization team, said you don't have to be wealthy to contribute, but to be as generous as you reasonably can to help others.

"In October, Garmisch organizations from the Marshall Center, Edelweiss, NATO School and DoDDS, to the garrison itself and AAFES will soon have members knocking on doors and asking for contribution pledges," said Edwards. "We even have permission to accept small change collections at the PX and commissary complex."

Addressing representatives of more than 20 Defense Department services, components and agencies in Washington last week, Deputy Defense Secretary William J. Lynn III encouraged them to reach even higher than last year's exceeded goals.

"Precisely because it may be harder to contribute this year, it is so vital that we continue to give," he said. "President Obama has said that America's success depends on the ability to extend opportunity to every willing heart — and the Combined Federal Campaign enables us to

do just that."

Kislan echoed that sentiment locally. "Living in Europe we are far better off economically than our counterparts living on American soil, especially those who have homesteaded here for years and years and years," she said. "We are the privileged few, enjoying the economic luxury of paid housing — an advantage that few CONUS government employees ever see, plus we receive a cost of living allowance."

Edwards is in the process of coordinating a CFC video teleconference training event in the near future. If you're interested and wish to participate, contact him directly at DSN 440-3611, CIV 08821-750-3611.

"On the other hand, if you are comfortable with the processes from past experience, please also shout-out and let us know," said Edwards. "Many of us are new to the CFC campaign and could use your wise Johnny-on-the-spot counsel."

A full list of CFC charities will be provided to all employees so they can choose where they want their hard-earned donations to go. According to OPM figures, 2009 CFC pledges totaled nearly \$282.6 million, a 2.7 percent increase over the previous year. The campaign has garnered more than \$6 billion in charitable contributions since its inception in 1961.



The opening medley of hits dazzles the packed audience as Tops in Blue performs in Grainau. More than 1,000, about 300 of which were Americans from the USAG Garmisch community, attended the variety show.

Photo by Andrea Winter

Tops in Blue wows Grainau and Garmisch communities

by John Reese

USAG Garmisch Public Affairs

The USAF's traveling musical variety show Tops in Blue played to a packed, enthusiastic outdoor audience in the small town of Grainau, Sept. 21.

The audience of about 1,000, mostly locals from Grainau and the surrounding towns, also contained about 300 Americans from U.S. Army Garrison Garmisch and its tenant units, including guests from the Edelweiss Lodge and Resort.

German tourists also took advantage of the entertainment opportunity.

"It was very well received, with a full moon shining overhead and mild temperatures as opposed to past years," said Andrea Winter, host nation liaison for the garrison.

The emcee opened with

a big, Hollywood-esque introduction: "And nowww, the garrisson commander, Misssssss Santos!"

Garrison Manager Karin Santos welcomed the audience and local VIPs, including Grainau Bürgermeister Andreas Hildebrand and Arno Nunn, the mayor of Oberammergau, who took the time to attend despite the ongoing 'Passion Play' in his town.

The most popular numbers were the ones the audience recognized, particularly two impersonations of Michael Jackson and Stevie Wonder. For the Stevie Wonder songs, the performer remained in full character, being led on and off stage.

The cast sought audience participation on some numbers and did a great job of interacting with the house. As part of the show, Col. Mark Baines, commandant of the NATO

School in Oberammergau, was compelled to join in a dance number, to which he generously cooperated.

Food was provided for the cast and crew by the Grainau Trachtenverein, a traditional Bavarian culture and customs club clad. The club was in full Bavarian regalia during the show.

Tops in Blue perform annually in Grainau on permissive temporary duty because they want to entertain there, not because they're obliged. Santos thanked the airmen following the show with garrison coins.

Grainau is just west of the garrison, and home to many personnel and retirees.

The town is also home to the Zugspitzbahn, the cog wheel trains that daily climb Germany's tallest peak. The little railway had an open house and fest at the Grainau, Sept. 19.

FMWR hosts lively fiesta for Hispanic Heritage Month

by John Reese

USAG Garmisch Public Affairs

Instead of the usual routine program for an ethnic observance, Jessica Roberson Pete Burke Center manager of Family Morale, Welfare and Recreation and her team of staff and volunteers took a casual and different approach that was wildly popular with the community, Sept. 10.

"The turnout was fabulous. We decided to throw a fiesta after work to give people more time to participate and at 5 p.m. the ballroom was empty," said Roberson, who scheduled the event for after hours on a Friday afternoon. "I looked up from the podium a few minutes later and the ballroom was full!"

As the event began, the count was about 200 community members, including local nationals who normally depart on time at the start of the weekend.

Deputy Garrison Manager Thomas Hays provided a welcome to formally start the event, and then live music took over. And instead of the usual line-up for home-cooked cuisine, participants had to earn their supper by taking a trivial quiz about Hispanic heritage. Some of those answering questions correctly also received a T-shirt prize.

The food ranged from familiar to exotic, and as always at a Garmisch event it was well received and thoroughly consumed.

"I thought the Puerto Rican beans were wonderful," said Yvonne Levardi, George C. Marshall Center public affairs officer and event volunteer. "It was all great; Brandy Humphrey wanted to cook a cow head in traditional style, but unfortunately we couldn't find one for her."

Humphrey, a GCMC employee who was voted the garrison volunteer of the quarter, prepared eight separate dishes.



Photo by Jessica Roberson

Manning the virgin margarita machine, George C. Marshall Center employee Kristan "Taco" Oltman (center) is flanked left and right, respectively, by taste testers Eva Denikiewicz and Erica Hansen.

She is one of those rare individuals who needs only be asked to help make a garrison event memorable.

The volunteers put together a great fiesta meal of various styles of beans and rice, Colombian soup, Tex-Mex standards, carne asada, Argentinian grilled meats, chimichurri and much more, said Roberson.

"My mother always said that food is love, and the volunteers did a lot of work into putting the event together, so the participants had to put in a little bit of work of their own in return to earn that love," said Roberson.

The garrison's Crafts Tree provided a Hispanic pottery exhibit, and the FMWR crew and volunteers mixed sample margaritas served in tiny cactus-shaped cups.

Volunteer and Defense Commissary checker Hector Planas not only cooked, but taught dancing to handful of the less shy. The eight brave souls who took a shot at it enjoyed themselves while entertaining the majority.

"The salsa lessons were

great," said Levardi. "It was a lot of fun to watch."

Some of the other volunteers included Sgt. 1st Class Luis Rodriguez, Sgt. 1st Class Llyrah Reyes, Marissa Politan, Erica Hansen, Jennifer Bhartiya, Justine Arnold, Sonnya Acuff, Joe Liston, Angelika Stengel, Jeri Yingling and Abby Kruse.

Longtime employee Roberson neatly summed-up her feelings about the event: "I've supported basically every other ethnic observance event and I was nervous about taking this one on, but dare I say it was the best one we've had since I've been around."

"Live music, dancing, trivia . . . very FMWR!"

In addition to the big observance, Rodriguez also taught a cooking class, Sept. 23, and the award-winning garrison library offers a cool story hour and crafts activities all day, Sept. 30.

Photos from the fiesta are posted on the garrison's Facebook page, and event participants are encouraged to post more on the "wall" page.



Garmisch students learn the do's, don'ts & do-re-mi's of pet ownership

Col. Vann Smiley, commander, U.S. Army Garrison Grafenwoehr, sings a song about responsibility for pets along with children at Garmisch Elementary/Middle School during a visit, Sept. 21. Smiley met with Principal Debbie Strong and USAG Garmisch Manager Karin Santos to discuss challenges facing the school and ways to resolve them.

Photo by John Reese

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Visit your U.S. Army Garrison Garmisch Web page
at www.garmisch.army.mil.

USAREUR Band rocks Red Square

by U.S. Army Band and Chorus and US-AREUR Public Affairs
News Release

MOSCOW — Anyone who grew up during the Cold War might find it hard to believe that American Soldiers would ever march in Moscow’s Red Square. And to march on Red Square performing the music of American pop icon Michael Jackson would be beyond fantasy. But that’s exactly what happened during this year’s Moscow Military Tattoo.

Overcoming logistical problems, language difficulties and uncooperative weather, Soldiers from the U.S. Army Europe Band and Chorus, stationed in Schwetzingen, Germany, rocked Red Square in six performances during the Sept. 4-9 tattoo, also known as the “Spasskaya Bashnya.”

The members of the Band and Chorus joined more than 1,000 performers from Russia, Germany, Israel, Kazakhstan, France, Bahrain, Ukraine and Tajikistan that performed in the tattoo.

“The event organizers asked participants to perform popular music from their respective countries, and Michael Jackson’s music is arguably some of the most popular music worldwide,” said band commander Lt. Col. Beth Steele of the group’s musical theme for the event.

Although the band’s Soldiers don’t know Russian or the other myriad languages spoken by the international throng of musicians that participated in the event, Steele said they communicated their message of peace and friend-

ship through two universal languages — music and the camaraderie of Soldiers.

The colonel said Russian audiences seemed captivated by the group’s musical talent, precision marching, dynamic vocals and intricate dance routines, and treated the Soldiers like pop stars.

Known as “America’s Musical Ambassadors in Europe,” the Band and Chorus frequently performs at international events, but Steele said the Red Square performance stands out as a true first for a contemporary American Army band. Hopefully, the good will generated by the musicians will continue to foster the partnership and friendship between the American and Russian governments and their citizens, she added.

An overwhelming highlight for the musicians was performing the Russian composer Peter Ilich Tchaikovsky’s “1812 Overture” with all the tattoo’s participants, during each performance’s grand finale, Steele said. She noted that it was this very setting — the backdrop of candy-colored St. Basil’s Cathedral; the air filled with music punctuated by the crash of the captured cannons of Napoleon’s army and victory bells ringing in the Kremlin towers and city’s churches, of which Tchaikovsky dreamed when he wrote the now-renowned piece more than 130 years ago.

“To do it (play the “1812 Overture”) in Red Square with the cannons fired from on top of the Kremlin wall and the bells chiming from the Kremlin ... just sends tingles up your spine,” said trumpet



Photos by Richard Bumgardner

Above: The U.S. Army Europe Band and Chorus perform in Moscow’s Red Square, recently. Although the band and chorus performed at the Kremlin five years ago, it was the first time in history they performed in the square.



Left: Fireworks explode over St. Basil’s Cathedral in Moscow at the Moscow Military Tattoo, also known as the “Spasskaya Tower” Festival. The USAREUR Band and Chorus, along with bands and performers from nine other countries, participated in the festival of military and popular music.

player Sgt. 1st Class David Martinez. “It’s incredible, (and I’m) so lucky to get to do this!”

“It’s absolutely breathtaking,” added Master Sgt. Steven King, one of the band’s senior musicians.

The Moscow performances close a busy sum-

mer for the Band and Chorus that also saw the group performing in Finland, France, Norway, Latvia, Estonia and Lithuania, as well as at traditional venues across USAREUR’s European footprint.

Video of the band and chorus performances at

the tattoo and the festival’s grand finale can be seen at the USAREUR YouTube channel at www.youtube.com/user/USArmyEurope. Images of the festival are available on the USAREUR Flickr site at www.flickr.com/photos/usarmy-europe_images.

Time is now for winter preps

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that people who steamed twice a week got half as many colds as those who didn’t. One theory is that the higher temperatures kill off bacteria and viruses.

Wash your hands regularly – Viruses and bacteria live and travel from hand-to-hand and via air. Make it hard for them to travel by washing hands regularly with antibacterial soap or hand sanitizers. Similarly, don’t touch the face often as the viruses and bacteria transfer.

Keep antibacterial wipes handy for cleaning computer keyboards and phones and other regularly used electronics.

Wear weather-appropriate clothing – Going around in shorts when the weather is cold may make one look tough, but it can also make one sick quick. Pull out your winter weather clothes.

Automobiles and homes are also important this time of year. TMP drivers must complete winter driving training, so directorates need to make sure this is complete or they will not be able to drive. To schedule employees for winter driving training, call 476-2886.

To winterize vehicles:

- Make an appointment to have the radiator flushed and refilled with anti-freeze.

- Get tires changed to winter tires or all-season tires. If those are already on, make sure to have them balanced and rotated.

- Get the oil changed.

Make a cold weather kit for the car to include small shovel, winter tire chains, ice melt or cat litter for traction, a can of de-icer, gloves, a blanket, flashlight, an ice scraper and it wouldn’t hurt to add some nonperishable food items, like energy bars, for those hours stuck on the side of the road.

Winterizing the house may involve outside help, so plan accordingly. The landlord and housing office will soon have everyone asking them to do this, so make sure to call early so it gets done before winter arrives.

Some basic things to check before calling the landlord/housing office include:

- Clean the gutters
- Check the heating system
- Turn off access to outside water spigots to prevent freezing

Be prepared this winter. Be prepared like the ant. Get home, health and automobile ready for the cold weather early and then when the situation occurs, no one will be stuck out in the cold.

*Command Sgt. Maj.
William Berries
CSM, U.S. Army
Garrison Grafenwoehr*

Suicide affects everyone

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Olden said. “It’s good to have a choice.”

Like Olden at BMEDDAC, other organizations are working together to prevent suicides.

Suicide Prevention Task Force meetings are held regularly with representation by ERM, U.S. Army Europe, IMCOM-Europe, DoDDs, the Chaplain Corps and others to find ways to mitigate suicide and overcome the stigma of seeking behavioral health.

“We all need to reach out and encourage those who need help with their personal problems,” said Crane, who was part of a committee that wrote the U.S. European Command Behavioral Health Bill of Rights. “Though it may seem like those problems are unsolvable and that the pain will never go away, most of those problems can be solved if you work with others to deal with them objectively.”

She has two important messages.

For people with stress or relationship problems: “If you are stressed out and just can’t take one more thing, please come in and talk. Our behavioral health providers can help you.”

For people who know a Soldier or anyone else who is having a tough time: “Reach out. Tell them you care and that you will walk with them to the clinic.”

Behavioral health specialists are available at all Army health clinics in Europe. For a complete listing, visit <http://ermc.army.amedd.mil>.



A 3rd Battalion, 66th Regiment infantry platoon moves in a tactical formation during a training exercise, Sept. 18.

Photo by
Maj. Joseph P. Buccino

3-66th takes advantage of full-spectrum training

Continued from page 1

as an evaluator for the training, said he observed a drastic improvement in the organization’s ability to respond to a hybrid threat.

“The platoons go through it three times a day,” said Swinehart. “The first time they struggle through it, but as the day progresses they improve greatly.”

Swinehart’s goal is to create confusion on the battlefield. In order to replicate a competent, organized threat, the OPFOR creates a layer of complexity on the battlefield not normally seen in Iraq’s IED attacks.

Swinehart breaks down the complex goal as, “We’ll show you something shiny in the front, and then, when you’re distracted, hit you in the back or the side.”

Capt. Mark Gerasimas, plans officer, 3-66th Armor Regt., explained that the platoon situational training exercise focused on movement to contact, defense, planning and communication.

“Using the MILES system and training simulators, we can replicate battlefield effects,” Gerasimas said. “We are able to replicate the enemy’s effects back onto our forces.”

Despite three grueling iterations each day as well as a night attack, Swinehart says the Soldiers of 3-66th Armor Regt. are motivated and confident.

“Soldiers are very excited about this training. I can see the exhaustion on their faces, but they are learning,” Swinehart said.

President’s new video encourages troops to claim ‘stop loss’ pay

by White House
Public Affairs
News Release

WASHINGTON — The White House, Department of Defense and Department of Veterans Affairs jointly released a new web video today in which President Obama encourages active duty troops and veterans to apply for special retroactive stop-loss pay, if entitled.

Under legislation signed into law last year, service members may be eligible for \$500 per month in retroactive pay for each month their service was extended under “stop loss” between Sept. 11, 2001 and Sept. 30, 2009.

“As your commander in chief, I’m here to tell you that this is no gimmick or trick,” President Obama said in the video.

“You worked hard. You

earned this money. It doesn’t matter whether you were active or Reserve, whether you’re a veteran who experienced ‘stop loss’ or the survivor of a service member who did — if your service was extended, you’re eligible.”

Eligible service members should submit their applications for this retroactive pay to www.defense.gov/stoploss. While by law, service members who received a bonus for voluntarily re-enlisting or extending their service are not eligible, officials strongly recommended that all who may be eligible submit an application before the deadline, which is Oct. 21.

Thousands of veterans who have already been approved have received an average of nearly \$4,000.

To watch the president’s full video, see www.whitehouse.gov.

Visit the U.S. Army Garrison Grafenwoehr website, www.grafenwoehr.army.mil, for up-to-date news, events, contact information and much more.